



HE'S GOT IT ALL
CANADIAN-BORN ACTOR JAMES TUPPER HAS THE
LOOKS, THE TALENT AND A ROLE IN THE NEW
ROM-COM PLAYING FOR KEEPS PAGE 22



OTTAWA

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Tuesday, November 27, 2012



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Mark Carney calls it quits, heads to Bank of England

On a good note. Carney says he's leaving the Bank of Canada and economy in good shape

Mark Carney is leaving the Bank of Canada for one of the world's most storied financial posts — taking charge of the Bank of England at a critical time in its 318-year history, and during uncertain times in Canada.

The announcement shocked observers on both sides of the pond, particularly as Carney previously dismissed reports he was being courted, as he also played down rumours about joining the International Monetary Fund and the Liberal

Party.

But the Bank of England rumours turned out to have substance, despite his earlier categorical denials.

On Monday, he hedged that all his discussions had been “off process,” and that he had not

applied as “part of the formal process.” The discussions intensified in the last two weeks, he added, and “changed my view.”

Still, British media were caught as unaware as those in Canada. “Stunned City welcomes new Bank chief,” the

Times of London blared.

Meanwhile, Finance Minister Jim Flaherty described Carney's pending departure as “bittersweet” and “our loss.”

Carney, 47, will leave the Canadian bank on June 1.

THE CANADIAN PRESS



Canadian Finance Minister Jim Flaherty, left, watches as Bank of Canada Governor Mark Carney speaks at a news conference in Ottawa on Monday after it was announced that Carney will be the new head of the Bank of England. More coverage, page 14. FRED CHARTRAND/THE CANADIAN PRESS

Former city councillor dies

Police confirmed Monday they had notified former Kitchissippi Coun. Shawn Little's father of his death in Cuba PAGE 3

Bill on rights of trans people faces heat

A socially conservative group is taking on a bill aimed at giving transgender people rights protection PAGE 4



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'Typical' winter coming to city: The Weather Network

More where that came from. Ottawa woke to a 2-centimetre blanket of the white stuff Tuesday. Keep your shovels handy, say meteorologists

JOE LOFARO
joe.lofaro@metronews.ca

Ottawans got a taste Monday morning of what The Weather Network is calling, "a typical Canadian winter." According to the network's long-term outlook, it's what we can expect throughout most of the season.

"It's probably going to be a little bit more of a winter than we saw last year," said Gina Ressler, a meteorologist at The Weather Network. "Last year was kind of 'the winter that wasn't' across Canada."

This year, however, the Ottawa Valley can expect to see colder temperatures and

more snow by comparison.

Ressler said we can expect to see the normal average of 150 centimetres of snow from December to February, which is good news for skiers and snow-angel enthusiasts.

Just under 30 centimetres of snow fell on the ground in Ottawa last December, which is about half of the normal amount for the month.

"That was kind of the trend as you headed into January and February as well," she added.

"For the Ottawa Valley, (we'll see) highs in the -3 to -6 range with kind of those big swings in temperature as well."

The usual Colorado lows will bring mixed precipitation, and the Alberta clippers will increase the windchill also, she said.

Ressler said a team of meteorologists analyzes patterns like ocean temperatures and data from past winters to come up with its seasonal outlook.

Follow Joe Lofaro on
Twitter @giuseppelo



Nordic walkers pass through Confederation Park Monday afternoon after the first snowfall of the season.
SEAN MCKIBBON/METRO

Former city councillor Shawn Little dies



The late Shawn Little. FACEBOOK.COM

Former Kitchissippi Coun. Shawn Little has died.

Ottawa Police Service confirmed Monday they had notified Little's father of his death in Cuba. No information on the cause of death was immediately available.

Ottawa Mayor Jim Watson, who served with Little from 1997 to 2000, offered his condolences to Little's family.

"It is with sadness that I learned today of the passing of former city councillor

Shawn Little. I had the honour of serving with Shawn during his first term on city council from 1997-2000," said Watson in a statement. The mayor will hold a moment of silence for Little at the beginning of Wednesday's council meeting, and flags will fly at half-mast in remembrance of him on the day of Little's memorial service.

"I want to offer my condolences to Shawn's family at this difficult time. May Shawn rest in peace."

Longtime friend Walter Robertson said that, while Little's political difficulties were well documented, the former councillor's "heart was always in the right place."

"It's very sad," Robertson, who was friends with Little for 15 years, said Monday.

Little was accused, and later found guilty, of overspending during the 2000 election campaign. He served as a councillor until 2006.

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1 NEWS

Transgender Canadians condemn 'fear mongering'

REAL Women.

Conservative group opposed to bill shielding trans people from discrimination to speak to parliamentarians



JESSICA SMITH
Metro in Toronto

A bill aimed at giving transgender and transsexual people human-rights protections has been demeaned as "the bathroom bill" before, but now a socially conservative group is telling Parliament it will give "recognition and acceptance" to pedophiles.

A researcher with the socially conservative group REAL Women of Canada is scheduled to speak to the Standing Committee on Justice and Human Rights Tuesday in opposition of Bill C-279. The bill seeks to

give trans people specific protection by including "gender identity" and "gender expression" as prohibited grounds of discrimination in the Human Rights Code and as criteria for hate crimes.

The group has prepared a written submission ahead of time. One section lists groups it calls "rights-seeking activists dealing with gender identity and gender expression," which it claims includes pedophiles.

"Beyond special rights, many demand 'recognition and acceptance,'" the paper says. "These (groups) and further categories would fall under the umbrella of 'gender identity' and 'gender expression' and this includes pedophilia, as pedophilia activists are already agitating for recognition, demanding that their sexual orientation be legally and socially accepted."

The REAL Women of Canada group is no stranger to controversy, but also apparently has some political power. It was



Local transgender-rights activist Joanne Law poses for a photo in Confederation Park in Ottawa. JESSICA SMITH/METRO

Ottawa trans activists to attend REAL Women presentation

'Just shut up and listen'

Joanne Law, a trans woman and activist from Ottawa, will be attending REAL Women's presentation to the committee Tuesday.

In a way, she's not surprised to hear REAL Women's claims.

"Not anymore," she said. "I'm surprised they will say it in the House of Commons."

Law said she's well aware of the group and how accomplished they are at getting their message to the government.

"They can abuse us, and they can abuse us inside the House of Commons and we can't do a damn thing about it," she said.

If she had a chance, Law would love to say to them, "Just shut up and listen."

The trans community is still fighting and many members have made their own submissions to MPs, but, because of the rules of the committee, those who attend the committee meeting Tuesday will have to be silent as REAL Women deliver their message to the government, she said.

JESSICA SMITH/METRO IN TORONTO

recently chosen as a "partner organization" to help the government award the Queen's Diamond Jubilee medals.

No one from REAL Women of Canada was available to comment on Monday.

Trans Canadians respond to group's claims

Hershel Russell, a transgender man and psychotherapist from Toronto, said the group's claim is not only completely inaccurate, it's "ugly, straightforward discrimination."

"We're pretty clear at this point that being lesbian, gay, bisexual or trans has nothing whatsoever to do with pedophilia. The overwhelming majority of pedophiles are typically gendered, heterosexual men," he said. "There's really no question about that and it's a really, very ugly, nasty slur."

"If the only people who are going to oppose the bill are

people who are this much in favour of discrimination, I think it says something about how clearly we need to pass this bill," he said.

Russell also took issue with the group's other claims, especially that transgender people should receive treatment for "emotional and psychological problems," rather than medical care and support for their transition and human rights. He points out that the Canadian Medical Association, the American Medical Association, and all major physiological and psychiatric associations disagree with REAL Women's findings.

In fact, Russell said a recent Ontario-based study found that trans people's rates of attempted suicide are high — something REAL Women included in their paper — but the rates only stay high for trans people who have not received

proper treatment for their transition, at which point they fall to approximately the same rate as the general population.

Expert: REAL Women are 'mythmaking and fear mongering'

Susan Gapka, a transgender woman, activist and public-policy expert, said it's very difficult to listen to the group's claims about pedophilia, but the argument is so bad it makes her "laugh mechanism" kick in.

"It's fiction," she said. "It's an example of storytelling, mythmaking and fear mongering."

REAL Women also claim that allowing trans people to use the washrooms of their choice puts women and children at risk of sexual assault, which, Gapka says, makes little sense considering that there are no laws and no guards to

stop any people from entering a women's washroom today.


"When people hear that these are the opposition arguments to giving us the rights in the bill, they will see just how ridiculous these claims are," she said. "This type of submission from REAL Women or other groups who use that sort of tactic indicates why explicit, clear, human-rights protection for transsexual and transgendered people is indeed necessary and long overdue."

Even though Gapka laughs at the claims for being shallow, unbacked by researched and ludicrous, she said it hurts trans people to hear them.


"This is very harmful. Some community members find this very harmful and very hateful," she said.

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Chief: Why are violent crimes going unsolved?

Report. Ottawa has third-worst rate of clearing violent crimes of 14 cities studied



ALEX BOUTILLIER
alex.boutillier@metronews.ca

Ottawa Police Chief Charles Bordeleau has asked staff to look into a stubbornly low clearance rate for violent crime.

Only three in five violent crimes in Ottawa ended in charges or were cleared in some other fashion last year, says a new Ontario Municipal Benchmarking Initiative report.

"I've asked our staff to identify exactly what is driving that number and what are the opportunities that we can use to bump up our clearance rate," Bordeleau said on Monday. "Over the past number of years,

Quoted

"I've identified violence against women as one of my top three priorities, so we're going to look at the whole gamut around violence against women and seeing if there are things we can be doing differently that will also help us increase our solvency rate."

Chief Charles Bordeleau

we've improved our overall clearance rate ... but it doesn't mean we're done the work."

Bordeleau noted the report was positive in several categories, including the crime-severity index (Ottawa is 20 index points below the provincial average), violent-crime severity

index (five points lower) and the total crime rate.

But the number of violent crimes solved by police is falling, even as the violent-crime rate drops. In 2009, OPS cleared 66 per cent of violent crimes. In 2010, that number fell to 65 per cent before arriving at the current 62 per cent.

Bordeleau said the force's rate for solving homicides and sexual assaults is in fact high; hence the direction to staff to figure out what is driving the low clearance rate.

"We're looking at the general assaults, where you see the largest number of events taking place," Bordeleau said. "We're ... looking at the numbers and seeing where they're happening, and (whether there's) something differently we can do from an investigative perspective."

The Police Services Board accepted the report with no discussion or debate.

Council vote. Advice on OLG deal incomplete, lawyer says

A missed email means city councillors did not get all the facts on a new deal to split slots revenue with Ontario Lottery and Gaming, city solicitor Rick O'Connor says.

O'Connor apologized to city council on Friday for what he called an "omission of additional information" in the debate over a revenue-sharing deal with OLG. In a memo sent at 4:33 p.m. on Friday, O'Connor informed council he missed an email from OLG, which was sent two days before council voted to approve the new agreement.

At issue is whether the agreement, approved on Nov. 14, applies to both the current operation at Rideau Carleton Raceway and the proposed new casino. O'Connor, city manager Kent Kirkpatrick and city treasurer Marian Simulik said at the time of the vote that it would not. Council voted under that assumption.

The email reads: "The new Municipality Contribution Agreement 2012 will not be terminated in the event a new gaming operation opens in the City of Ottawa."

"Regrettably, I did not read this correspondence prior to Nov. 15, 2012," O'Connor wrote. "I apologize and can only state that this oversight occurred due to a series of events that were unanticipated."

ALEX BOUTILLIER/METRO



Showing us the money

Glenda Yeates, chairwoman of the Government of Canada Workplace Charitable Campaign, left, holds up a dollar sign as she and other GCWCC members announce that public servants exceeded their United Way donations goal by raising \$21.4 million this year. The announcement took place at a Monday-night gala at the National Gallery of Canada. Yeates called the campaign a "testament to the generosity of public servants" in what had been a tough year with layoffs. CONTRIBUTED

Police. New 'common strategy' for tackling gangs

Ottawa police hope a "common vision" with community groups will help them stop gangs in the city.

OPS on Monday released a set of recommendations to tackle gang recruitment and operations.

"One-on-one, we have great co-operation with all community (partners)," Chief Charles Bordeleau said. "But what we didn't have is that common strategy as far as what do we need to do to address this issue."

The strategy, called Tak-

ing Action Together, is the result of a gang symposium held in October. Bordeleau said there are short-term and long-term goals.

"Long-term success is reduced activity involving engagement of youth in gangs. That's a long-term, you're not going to see a change overnight," he said. "But from a short-term perspective, we've achieved the symposium, we got everybody together and we've got a strategy."

ALEX BOUTILLIER/METRO

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Ford blames his ouster from office on 'left-wing politics'

Conflict-of-interest case. Mayor plans to appeal decision, vows to run again



JESSICA SMITH
Metro in Toronto

Stubbornly believing he wasn't breaking the law on conflict of interest despite never having read it wasn't a good enough defence for Mayor Rob Ford, a judge ruled Monday.

Justice Charles Hackland found that Ford broke the Municipal Conflict of Interest Act in a council vote last February and ordered his seat vacated in 14 days.

"Outright ignorance of the law will not suffice, nor will wilful blindness as to one's obligations," wrote the judge.

One of Ford's key defences in the legal challenge brought by Toronto resident Paul Madger was that if he did in fact break the conflict-of-interest law, he did it honestly, in an error of judgment, which is a valid defence under the act.

On the stand in September, Ford testified he knew all about conflict of interest despite never having read the act because his father had been an MPP. The judge

found that insufficient.

In brief remarks to a throng of reporters at city hall, Ford said he will appeal the ruling and would "fight tooth and nail" to hold on to his job. If that fails, he will run for re-election.

"I'm going to fight for the taxpayers like I always have," he said. He blamed the outcome on the left wing. "This comes down to left-wing politics," he said. "The left wing wants me out of here."

Lawyer Clayton Ruby, who represented Madger, said Ford has no one to blame but himself. "While we're pleased to have won this case, we are also saddened by it. It is tragic that the mayor of a great city should bring himself to this," said Ruby. "Rob Ford did this to Rob Ford.... It could have been avoided if Rob Ford had used a bit of common sense and if he had played by the rules."

Ruby said Ford should never have taken money from lobbyists for his football fund to begin with. But it was the mayor's decision months later to take part in a council vote concerning whether or not he should have to pay it back that landed him in trouble.

Ford's staunch ally on council, Coun. Giorgio Mammoliti, announced he would be quitting Ford's executive committee in the wake of the decision.



Toronto Mayor Rob Ford, left, speaks to the media at city hall in Toronto on Monday. Ford has been ordered out of office after a judge ruled Monday he broke conflict-of-interest rules. NATHAN DENETTE/THE CANADIAN PRESS

Seeking clarification

Both sides confused over ruling

Justice Charles Hackland could have barred Toronto's Mayor Rob Ford from running again for seven years, but instead opted to disqualify him for the "current term."

It was not immediately clear whether that meant Ford's term ended with his ouster, meaning he would be free to run in a possible byelection.

Lawyer John Mascarin, a municipal law expert, called the ruling ambiguous, but said he believed Hackland "clearly" meant to bar Ford from running for office until the current council term is over in 2014.

Both parties could write the judge to seek clarification, said Mascarin, who called the ruling "unprecedented."

The judge did put his declaration on hold for 14 days to give the city time to deal with the situation.

THE CANADIAN PRESS

Canadian mayoral mishaps

Rob Ford, ordered out of office for violating conflict-of-interest rules, is only the latest in a chain of mayors to get tripped up by legal trouble.

STEVE COLLINS/
FOR METRO



THE CANADIAN PRESS

Joe Fontana (London, Ont.), a former Liberal cabinet minister, faces charges of fraud under \$5,000, breach of trust by a public official and uttering a forged document. He's accused of misusing federal funds to book a hall for his son's 2005 wedding. Fontana says he's not guilty and won't resign.



THE CANADIAN PRESS

Larry O'Brien (Ottawa) had to take time off work for his 2009 criminal trial on charges of attempted bribery and purported influence peddling. He was alleged to have offered rival mayoral candidate Terry Kilrea a job with the National Parole Board to convince him to drop out of the campaign. O'Brien beat the rap, but lost the 2010 election.



THE CANADIAN PRESS

Gérald Tremblay (Montreal) resigned Nov. 5 in the midst of revelations at the Charbonneau Commission into corruption in Quebec, and about six months after the arrests of his ex-chief of staff and the former chair of his executive committee. Tremblay has not been charged and denies knowledge of any wrongdoing.



TORSTAR NEWS SERVICE

Linda Jackson (Vaughan, Ont.) ran for re-election in 2010 while still facing 68 charges under the Municipal Elections Act relating to expenses from her last campaign. She lost the election in a landslide to former Liberal cabinet minister Maurizio Bevilacqua, but finally had the last of the charges thrown out last year.



THE CANADIAN PRESS

Gilles Vaillancourt (Laval) resigned Nov. 9 after 23 years as mayor. He was accused by a witness at the Charbonneau inquiry of accepting kickbacks from construction firms. He hasn't been charged, but police have executed search warrants on his home, condo, offices and safety deposit boxes.



METRO

Sam Katz (Winnipeg) faces conflict-of-interest allegations in a lawsuit from Joe Chan, owner of Cathay House restaurant, alleging he improperly spent \$2,915 on a 2010 city function at Hu's Asian Bistro, a competing restaurant the mayor happened to own at the time. The case goes to court April 2.

Grey Cup wager

Calgary honours bet



Calgary Mayor Naheed Nenshi.
THE CANADIAN PRESS

Calgary Mayor Naheed Nenshi says he'll honour a Grey Cup wager even though his Toronto counterpart has been ordered out of office.

But Nenshi says "a bet is a bet is a bet," so he plans to wear an Argos jersey at a city council meeting Tuesday. He will also donate about \$650 to the Toronto Food Bank.

Nenshi says he didn't want to act too quickly because he wants the Stampeders to know he's still their No. 1 fan.

Toronto beat Calgary 35-22 in Sunday's game.
THE ASSOCIATED PRESS



Chief engineer Mike Lahm takes a look Friday at the water damage caused by Superstorm Sandy to the basement of 120 Wall St. in New York City. Parts of Lower Manhattan's Financial District are still labouring to recover nearly a month after Sandy. TINA FINEBERG/THE ASSOCIATED PRESS

Sandy damage to New York \$42B: Governor

Hard times. State and city governments were already facing deficits of more than \$1 billion before Sandy hit

Superstorm Sandy ran up a \$42-billion US bill on New York, higher than expected, and the state and New York City are making big requests for disas-

ter aid from the federal government, the state's governor said Monday.

Gov. Andrew Cuomo said the cost includes \$32 billion for repairs and restoration but also includes an additional accounting of \$9 billion for mitigation of damage and for preventive measures for the next disastrous storm.

New York City Mayor Michael Bloomberg announced earlier that Sandy caused \$19

billion in losses in New York City, which is part of the \$30-billion estimate Cuomo used.

The mayor is asking federal lawmakers to put up nearly \$10 billion to reimburse government agencies and private businesses. That would be additional funding over the \$5.4 billion in standard disaster aid that the city projects it will receive from the Federal Emergency Management Agency.

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Former Salvation Army exec charged in toy theft

Mr. Grinch? Police find three truckloads of the toys and are seeking a second suspect

The former executive director of a Salvation Army facility was charged Monday following the discovery of a massive cache of toys police said were stolen from the charity and bound for a booming black market.

Three tractor-trailers were found over the weekend in a warehouse in Brampton, Ont., and in a facility in Toronto. It's hoped the toys can be returned to the Salvation Army in time to distribute them this holiday season, police said Monday.

The toys and other gifts and products were either taken

Massive operation

"I haven't seen anything to this magnitude before."

Det.-Sgt. James Gotell, a Toronto investigator with 23 years of experience

from the Salvation Army warehouse in Toronto or diverted before they got to the facility, police say.

"It's a terrible shame when people donate their good, hard-earned money ... and these articles are now being redirected for profit... That's what we're alleging," said Det.-Sgt. James Gotell.

David Rennie, 51, of Toronto, has been charged with 17 counts of possession of property obtained by crime, 10 counts of theft over \$5,000, seven counts of theft under \$5,000, criminal breach of trust, conspiracy to commit an indictable offence and several counts relating to trafficking in stolen goods.

Police allege a company called Northern Sales Group, which they said controls the Toronto warehouse where the toys were found, was involved in a scheme to sell the Salvation Army toys and investigators said they are looking to arrest and charge a second suspect connected to the group.

Rennie is scheduled to appear in court on Jan. 4.

THE CANADIAN PRESS



David Rennie turned himself in and was charged at 33 division for the toy thefts at the Salvation Army in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

Risk of ignition. Recall expanded for certain Banana Boat sunscreens

The makers of a popular line of sun products is expanding its recall of spray sunscreens because they pose a fire risk.

A statement from Health Canada says the affected Banana Boat products can ignite on the skin if a user is exposed to an open flame or spark before the sunscreen has dried.

There have been five reports of such events, one in Canada and four in the U.S.

Health Canada is also warning that similar products from other manufacturers may also pose a risk.

The original recall has been expanded from two products to four and another affected product has been identified.

Affected products

Check your travel bags for:

- Ultra Defense SPF 30/60 Spray
- Sport Performance SPF 30/60 Spray
- Sunscreen Oil Spray SPF 15

The company, Energizer Personal Care, says the spray valves deliver more sunscreen than normal, which may remain wet and potentially flammable longer. **THE CANADIAN PRESS**

Deadly cocktail

Mixing grapefruit and oral meds can be lethal: Study

Grapefruit juice can interact with more than 85 oral medications, with about half of them potentially leading to severe — even deadly — con-

sequences, finds a comprehensive review by a research team affiliated with Western University in London, Ont.

Chemicals in grapefruit can affect how fast certain meds, including highly prescribed cholesterol-lowering statins, some key heart drugs and certain anti-psychotic and pain medicines, are absorbed. **THE CANADIAN PRESS**



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Que. contracts got Canadian tax dollars: Review

Nationwide. Analysis shows taxpayers Canada-wide funded projects cited for corruption in Quebec

Taxpayers across the country had their money spent on Quebec construction projects identified at an eye-opening corruption inquiry

as suffering cost overruns through collusion schemes, a review of contracts by The Canadian Press has revealed.

A search through public contracts tabled at the province's corruption inquiry has revealed numerous cases where federal money went to projects whose price tag was, according to witness testimony, inflated by scams.

The 91 contracts reviewed had been tabled at the inquiry in recent weeks as a pair of

Not proven

The allegations made inside the inquiry have not been proven in a court of law, and could be subject to contradictions in the remaining months of testimony.

witnesses — a disgraced construction boss and Montreal city official — walked the commissioners through their

role in the bid-rigging process.

A subsequent scan through those contracts has shown that at least 15 received federal funding, with the federal contribution in each case ranging from under \$200,000 to more than \$700,000.

The inquiry is still underway, but it has already prompted the resignation of the mayors of Montreal and the big suburb next door, Laval. **THE CANADIAN PRESS**



Former construction boss Lino Zambito testifies before the Charbonneau inquiry probing corruption and collusion in Quebec's construction industry on Oct. 1 in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Support. Opposition sides with military ombudsman over access to records

The federal Opposition has accused the Harper government of obstructing the work of the military ombudsman following reports Pierre Daigle was stonewalled in his request to view cabinet documents during several recent investigations.

NDP critic Matthew Kelway says Daigle is one of a growing list of watchdogs who are being prevented from doing their jobs.

The military ombudsman says he believes his mandate allows him to look at secret cabinet documents, as long as he doesn't report on their contents.

However, he was blocked when his staff asked for documents related to the inability of National Defence to deliver on a promise to increase dismemberment coverage for part-time soldiers.

THE CANADIAN PRESS

On the defence

- **No hindrance.** Defence Minister Peter MacKay flatly denied the ombudsman is being hindered and told the House of Commons that the department has an open and productive relationship with Daigle.
- **Similar fight.** Former veterans ombudsman Pat Stogran ran into a similar fight with the Conservatives and obtained a legal opinion that said his mandate allowed him to look at secret documents, as long as they were used for context only.
- **Work continues.** MacKay says the government will continue to work with the ombudsman within the scope of his mandate and the law.

Race gets bigger

Vancouver MP to run in Liberal leadership race

Vancouver MP Joyce Murray is joining the federal Liberal leadership contest with a daring call for co-operation with other progressive parties in the next election to ensure defeat of Stephen Harper's Conservatives.

Murray says she believes Liberals, New Democrats and Greens should have the option of conducting run-off nominations to choose a single candidate in tightly contested ridings where a united progressive front would guarantee defeat of the ruling Tories.

She is the first contender to broach the controversial idea, which is consistent with her broader pitch that she is a collaborative politician.

THE CANADIAN PRESS

Court battle

Que. mayor fights to save Catholic heritage

A Quebec municipality was in court fighting to keep prayers at city council meetings and it kicked off its case Monday by citing the preamble to the Constitution. Saguenay's colourful mayor, Jean Tremblay, says he's fighting to preserve the province's Roman Catholic heritage.

Tremblay launched a fundraising drive to fight the court case, which started after a complaint from a local resident.

The Quebec human-rights tribunal had ordered the prayers be stopped, the crucifix in the city council chamber be removed and that damages be paid to the citizen who complained.

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Deadly blaze rips through workshop for the disabled

14 dead, 8 injured.
German Chancellor Angela Merkel 'shocked' by one of the country's deadliest fires

Fourteen people were killed and eight injured Monday when a fire broke out at a workshop for disabled people in Germany's Black Forest region, authorities said. Scores had to be rescued from the building as it quickly filled with smoke.

More than 100 firefighters were deployed to battle the blaze, which began at the complex in Titisee-Neustadt early in the afternoon, said Markus Straub, a spokesman for local firefighters.

Ambulances raced to the scene as smoke poured from the windows of the modern, three-storey centre in one of the country's deadliest blazes in recent memory. German Chancellor Angela Merkel is "shocked" about the loss of



In this image taken from video, firefighters try to extinguish flames in a workshop for disabled people in Titisee-Neustadt, southwestern Germany, Monday. Firefighters said the fire killed 14 and injured eight others. DAPD/KAMERA24.TV/THE ASSOCIATED PRESS

so many lives, her spokesman said on Twitter.

The cause of the fire was not immediately known, police and firefighters said.

The centre usually has

around 120 people at any one time, said Mirko Steffl, a police spokesman in the nearby city of Freiburg.

It was not immediately clear how many people had to be

rescued, but by late afternoon workers had determined that no one else remained trapped in the building, he said.

The centre employs people with mental or physical disabil-

ities in a variety of jobs, including metalwork, woodwork and electrical installation, and it is run by the Catholic Church's Caritas organization.

THE ASSOCIATED PRESS

Taliban

Prominent Pakistani survives assassination attempt

Police on Monday found and defused a bomb planted under the car of a prominent Pakistani TV anchor, Hamid Mir, threatened by the Taliban for his coverage of a schoolgirl shot by the militants, police said.

THE ASSOCIATED PRESS

Presumed dead

Search ends for boys swept to sea as parents died in attempt to rescue family dog

The U.S. Coast Guard ended a search Monday for a teenager whose parents were killed after they plunged into the cold, powerful surf in Northern California in a nightmarish chain of events that started when their son tried to save the family dog from drowning.

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Carla Bruni supports gay-marriage plan

France's former first lady. Bruni echoes majority French opinion on gay rights, while husband Nicolas Sarkozy's party UMP is opposed

France's former first lady Carla Bruni says she disagrees with her conservative husband Nicolas Sarkozy and supports a plan to allow gay marriage and adoption.

In an interview with the French edition of Vogue for its December issue, the 44-year-old singer and supermodel said: "I'm rather in favour, because I have a lot of friends — men and women — who are in this situation and I see nothing unstable or perverse in families with gay parents."

France's Socialists are pushing a bill that could see gay marriage legalized early next year. Though surveys have found that the majority of French people favour



Carla Bruni
GETTY IMAGES FILE

gay marriage, there has been a vocal backlash from religious leaders, voters in rural areas and ex-president Sarkozy's own UMP party.

"My husband is opposed for reasons linked to his political vocation, because he sees people as groups of thousands rather than people we know personally," she told the magazine — which featured a 20-page photo spread of her decked out in designer clothes,

harking back to her super-model days.

Bruni, no stranger to speaking her mind, also called feminism outdated — a view seemingly at odds with her image as an independent woman who forged careers in both fashion and music before settling down with Sarkozy.

"There's no need to be feminist in my generation," she said.

It's not the first time Bruni has sparked controversy on the subject. Last month, Bruni said her successor, Valerie Trierweiler, should marry her partner, President Francois Hollande, and ditch her career as a journalist.

In an interview with the French edition of Elle magazine, she dished out advice to Trierweiler, saying: "I think it is simpler to be the legitimate wife of the head of state rather than being his partner."

She added, "For my part, I felt a real easing of the general concern about me when I married Nicolas."

THE ASSOCIATED PRESS



Christmas in Poland

Workers assemble and decorate a giant Christmas Tree in front of the Royal Castle in fine weather for this time of the year in Warsaw, Poland, on Monday. Christmas is eagerly celebrated in the predominantly Catholic Poland. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Death row

Request to delay execution due to obesity denied

A condemned killer trying to delay his execution because of his extreme weight hasn't raised enough new issues to warrant the legal challenge, a federal judge ruled Monday. THE ASSOCIATED PRESS

Extreme eating

Roach body parts caused contestant to choke to death: Medical report

A Florida man choked to death after downing dozens of live roaches to win a contest earlier this year in which the grand prize was a python, according to an autopsy released Monday.

Edward Archbold, 32, of West Palm Beach died as a result of "asphyxia due to choking and aspiration of gastric contents," according to the report released by the Broward County medical examiner's office.

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Detroit. Charges upped to murder in deaths of four suspected escorts

Prosecutors on Monday charged a man arrested in May with first-degree murder in the killing of four suspected escorts whose bodies were found stuffed in the trunk of abandoned cars in Detroit last year.

James Brown, 24, has been in custody since his spring arrest on lesser charges, and prosecutors have since been building their murder case against him. The victims, travelling in pairs, visited his home before their bodies were discovered on two different days last December in Detroit, police Det. Mary Whiting told a judge.

Brown said little in court and allowed his attorney to plead not guilty on his behalf.

Chikita Madison, whose 23-year-old daughter Renisha Landers was found dead in a car trunk Dec. 19 along with another slain woman, 24-year-old Demesha Hunt, said she was satisfied with the new charges and predicted Brown would

Police custody

Brown has been in held since May on other charges.

- Mutilation of a dead body and arson in connection to the bodies found in the cars.
- Murder was not added to the list until Monday, but prosecutors say he was long chief suspect.

be going to prison "for a long time." If convicted, he faces life in prison without parole.

On Christmas Day, six days after the bodies of Hunt and Landers were found, investigators found the bodies of two other women in their 20s, Natasha Curtis and Vernithea McCrary, stuffed in the trunk of a burning car.

THE ASSOCIATED PRESS

Domestic abuse. New legislation would help victims escape leases

People in Nova Scotia who have filed domestic-violence complaints would be able to get out of their residential leases early without penalty under proposed legislative changes introduced Monday.

Service Nova Scotia Minister John MacDonell said the changes to the Residential Tenancies Act would allow people who say they've been abused to get out of fixed-term or year-to-year leases with one month's notice.

John Joyce-Robinson, a director of victims services at the Justice Department, said the changes are modelled on similar legislation in Manitoba.

Removing obstacles

"It allows them to move out of an abusive situation, for their health and their family's health."

Service Nova Scotia Minister John MacDonell

He said that legislation helped six to eight people in Manitoba the first year it was enacted.

The change was recommended in a 2009 government report on domestic violence. THE CANADIAN PRESS

\$100,000

Reward helps FBI capture one of Ten Most Wanted

The FBI says a \$100,000 reward helped lead to the capture of a fugitive on its Ten Most Wanted list.

Jose "Joe" Luis Saenz was arrested in Guadalajara, Mexico, on Thursday and is now jailed in California.

He's charged with killing two men in Los Angeles 14 years ago, kidnapping, raping and killing the mother of his daughter for threatening to turn him in, and killing a Whittier, Calif. man in 2008 over a drug debt. THE ASSOCIATED PRESS

Pennsylvania

Eleven puppies found dead, skinned in park

Animal welfare workers say 11 puppies were found dead and skinned near a U.S. park.

The Lehigh County Humane Society says the dogs were found Friday outside Allentown, Pennsylvania.

State police are investigating.

The discovery is the second disturbing animal death in the county in less than a week. Police also say a dog was found skinned and cooked.

THE ASSOCIATED PRESS

Beauty queen killed in shootout

Sinaloa, Mexico.

Authorities unsure if the 20-year-old took part in the gunfight between soldiers and drug traffickers

Miss Narco

Flores Gamez was at least the third beauty queen linked to Mexico's gangs.

- Laura Zuniga, former Miss Sinaloa, was detained on suspicion of drug and weapon violations in 2010. She was stripped of her crown.
- A former pageant contestant was detained in 2011 along with Jose Jorge Balderas, an accused drug trafficker and shooting suspect.

A 20-year-old state beauty queen was killed during a running gun battle between soldiers and the gang of drug traffickers she was travelling with in northern Mexico, the chief prosecutor of the state of Sinaloa said Monday.

The body of Maria Susana Flores Gamez was found lying near an assault rifle on a rural road in a mountainous area of the drug-plagued state. It was unclear if she had used the weapon.

"She was with the gang of criminals, but we cannot say whether she participated in the shootout," state prosecutor Marco Antonio Higuera said.

The doe-eyed, slender brunette was voted the 2012 Woman of Sinaloa in a beauty pageant in February.

Higuera said Flores Gamez was travelling in one of the vehicles that engaged soldiers in an hours-long chase and running gun battle on Saturday. Higuera said two other members of the drug gang were killed and four were detained.

The shootout began when the gunmen opened fire on a Mexican army patrol. Soldiers gave chase and cornered the

gang at a safe house near the town of Mocorito. They escaped, and the gun battle continued along a nearby roadway, where the gang's vehicles were eventually stopped.

Higuera said Flores Gamez has been turned over to relatives for burial.

"This is a sad situation," Higuera told a local radio station. She had been enrolled in media courses at a local university and had been modeling and in pageants since at least 2009.

Javier Valdez, the author of a 2009 book about narco ties to beauty pageants, entitled Miss Narco, said "this is a recurrent story."

"There is a relationship, sometimes pleasant and sometimes tragic, between organized crime and the beauty queens, the pageants, the beauty industry itself," Valdez



Maria Susana Flores Gamez in April 2012. GLADYS SERRANO/THE ASSOCIATED PRESS

said.

"It is a question of privilege, power, money, but also a question of need," said Valdez. "For a lot of these young women, it is easy to get involved with organized crime in a country that doesn't offer many opportunities for young people."

The stories seldom end well. In the best of cases, a beautiful woman with a tear-stained face is marched before the press in handcuffs. In the worst of cases, they simply disappear.

"They are disposable objects," he said.

THE ASSOCIATED PRESS



A nation cries out in pain

Promess Bitibo, 12, injured last week by bullet wounds to the abdomen, grimaces as he is dressed by a nurse at the Heal Africa hospital in Goma, Congo, on Monday. Rebels widely believed to be backed by Rwanda and Uganda held their positions in this key eastern Congolese city that they seized last week, letting a midnight deadline for their withdrawal expire in the early hours of Tuesday. For the first time since the fall of Goma eight days ago, the Congolese government acknowledged that it had entered talks with the rebels who handed Congo's military its most humiliating defeat since Goma was last overrun nearly a decade ago.

Jerome Delay/The Associated Press



Milking time at the European Parliament

Police officers are sprayed with milk by dairy farmers during a demonstration in front of the European Parliament building in Brussels on Monday. Farmers from across Europe drove their tractors into the city for a two-day demonstration to protest against what they believe are unfair milk prices. GEERT VANDEN WIJNGAERT/THE ASSOCIATED PRESS

Personal finance

Ottawa increases limit on tax-free savings accounts

Ottawa says Canadians will be able to contribute an additional \$500 a year on their Tax Free Savings Accounts starting Jan. 1. That means Canadians can put in \$5,500 a year, with any investment income earned not subject to taxation while it remains in the TFSA. The increase will be the first adjustment in the contribution limit since TFSAs were created in 2009.

THE CANADIAN PRESS

Detroit-Windsor bridge

New crossing will spur job creation, governor says


Michigan Gov. Rick Snyder was in Toronto Monday to whip up enthusiasm for the new bridge linking Windsor and Detroit.

"I'm quite confident that this new bridge crossing will be the largest, busiest freight crossing between our two countries, potentially for the next hundred years," he said, adding that it will spur the creation of tens of thousands of jobs.

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Market Minute

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Natural gas: \$3.74 US (-16¢)
Dow Jones: 12,967.37 (-42.31)

Carney leaves behind revamped Bank of Canada

Crossing the pond. Central banker remade governing council as well as rank and file

Bank of Canada governor Mark Carney brought a financial savvy that helped put the country's central bank in the international spotlight during the 2008-09 financial crisis, observers say.

While he navigated those challenges with skill and confidence, the clear direction during the financial meltdown that he laid out stood in contrast to the sometimes cryptic messages delivered by central banks in the past. Still, historians judging Carney might not look so favourably on his decision to keep interest low for so long, experts add.

University of Toronto business professor Walid Hejazi said Carney, a former Goldman Sachs investment banker, brought with him a level of financial sophistication and understanding that helped give confidence to markets and the public. "That role in addition to having effective monetary policy requires one to be very



Bank of Canada governor Mark Carney addresses a news conference in Ottawa on Monday after it was announced that he will be the new head of the Bank of England.

FRED CHARTRAND/THE CANADIAN PRESS

confident," he said.

Carney, who announced Monday that he would step down from his job as Canada's top central banker to take the top job at the Bank of England, took over at the beginning of 2008 amid the first signs of the financial crisis.

Scotiabank economist Derek Holt said not only did Carney help establish Canada's reputation for a sound financial system, but he also revamped the Bank of Canada's culture.

The central bank's gov-

Carney's C.V.

- Born in Fort Smith, N.W.T., Carney has an undergraduate degree in economics from Harvard University and both a master's and doctorate in economics from Oxford University.
- Carney spent 13 years with Goldman Sachs in London, Tokyo, New York and Toronto before joining the Bank of Canada as a deputy governor in 2003 and serving a stint as senior associate deputy minister of finance before becoming governor.

erning council has almost been entirely replaced since Carney's takeover in February 2008. "He retooled not only the governing council, but throughout the rank and file," Holt said.

"It wasn't just at the top of the house, it was throughout the whole organization where I think he was fairly effective at restaffing and changing the culture of the organization in some important respects."

THE CANADIAN PRESS

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Merchants fear cost of wireless payments

Mobile wallets. Fees could be 'next big wave of gouging' by banks and credit-card companies, says small business association

Small businesses are worried that so-called mobile wallets will give banks and credit-card companies a new way to gouge them and consumers both.

A task force recommended nearly a year ago that Ottawa introduce legislation to give Canadians and businesses better tools to make payments digitally.

But a committee set up by the Finance Department to further study the issue has been told businesses worry they'll be hit with new fees as consumers adopt payment systems designed for their mobile devices.

The Canadian Federation of Independent Business says many of its 109,000 members are terrified the fees will become too much of a burden, just like those charged for pre-



Mobile operator O2 introduced a wireless payment system to U.K. consumers in the spring. Small-business owners in Canada are worried that the advent of so-called mobile wallets here will give banks and credit-card companies a new way to overcharge them. TIM WHITBY/GETTY IMAGES FOR O2

mium credit cards.

"Merchants got creamed by fees by credit-card companies when they introduced premium cards a couple of years ago," said CFIB president and CEO Dan Kelly.

"So merchants are absolutely petrified that mobile payments, cellphone payments, may be the next big wave of gouging on the part of banks, credit-card companies and potentially new entrants."

Many European, Asian and

African countries have been quick to adopt systems that allow payments to be made using smartphones or other digital means. Some European countries have almost entirely eliminated the need for cheques. Many of those countries have also imposed caps on digital payment fees.

The Harper government has been reticent to impose regulations on what banks or credit cards charge consumers and businesses. **THE CANADIAN PRESS**

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WHEN DID I START WORRYING ABOUT MOM AND DAD?



SHE SAYS...
Jessica Napier
metronews.ca

My mother once told me that parents never stop worrying about their children. This might be true, but I didn't realize how early on I'd start worrying about them.

I've enjoyed a pretty typical parent-child relationship with my mother and father. They were the reliable authority figures who always insisted I wear a jacket, taught me to save a portion of my paycheque and begrudgingly drove me home when I got too drunk at a party. But in my mid-20s, something strange happened; all of a sudden there was a role reversal and I was the one acting like the concerned parent.

Tables turning

As we transition from rebellious adolescents to self-centred young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys but actual people with real vulnerabilities.

them every once in a while to make sure there's fresh fruit in the fridge and no one has fallen down the stairs.

As we transition from rebellious adolescents to self-centred young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys, but actual people with real vulnerabilities.

Whenever I see my parents in pain — physical or emotional — it's heartbreaking. When I realize that one day they might be entirely dependent on me, I start to panic. I will never be ready, but will I be able to take care of them when the time comes?

My father likes to joke that he wants Queen's Another One Bites the Dust played at his funeral. I used to think this was funny, now it makes me sick to my stomach.

As adult children, it's hard to confront the inevitable truth that our parents are going to die one day. It's only natural that we'd try to do whatever we can to prolong the inevitable, even if that means turning into overly protective worriers. After all, a few small changes now could result in a few more years together, and I want Mom and Dad to be around as long as possible.

Follow Jessica Napier on
Twitter @MetroSheSays



After so many years of them looking after us the roles reverse and we are suddenly wrapped up in our parents' well-being. MH.XBHD.ORG/FLICKR

The Queen's very hairy encounter



DAVID PARKER/WPA POOL/GETTY IMAGES

By royal appointment

Queen inspects very hairy soldier

The Queen has encountered a green Yeti, but in truth this sight is far from abominable. Queen Elizabeth II met a camouflaged sniper from the Household Cavalry at Combermere Barracks near Windsor Castle.

During her visit, the Queen perused some army paraphernalia, including a machine gun and some military boots. **METRO**

Equine interests

Diamond is a royal's best friend

The Queen is no stranger to cavalry, as her lifelong love for horses was apparent during her time at the barracks. Her Majesty approached and petted a drum horse, which was on official duty for the first time during the Queen's visit.

The drum horse was renamed Adamas, which means diamond in Greek, in commemoration of the Queen's Diamond Jubilee. **METRO**

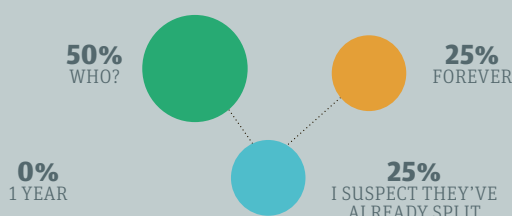
The barracks history

- Founded in 1804, the barracks comprise more than 20 acres and are located within a kilometre of Windsor Castle. It's home to the Household Cavalry Regiment, which uses armoured vehicles and tanks, such as Scimitar tanks, in large-scale war operations — most recently in Iraq.



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DVD review



Lawless

Director. John Hillcoat

Stars. Tom Hardy, Shia LaBeouf, Guy Pearce

All slicked up but mostly firing blanks, John Hillcoat's Prohibition-era western — based on a book of the same name — looks and sounds great, but fails to tell a compelling story. Bootlegging brothers Jack (Shia LaBeouf), Forrest (Tom Hardy) and Howard Bondurant (Jason Clarke) run a general store and gas station in their woodlands Virginia refuge, but their real coin comes from the illegal moonshine they make up in the hills. Local cops are inclined to look the other way — especially since older bros Forrest and Howard are not guys you want to rile. Neither is much for talking, although they sure know how to fight and shoot. Timid Jack, the youngest, can't bring himself to pull a trigger. The Bondurants draw the attention of the feds, who send down special deputy Charley Rakes (Guy Pearce) with the intent to clean up and dry up the county. Extras include an audio commentary with Hillcoat and author Matt Bondurant.

PETER HOWELL



The Hobbit trilogy is just one of the projects Peter Jackson's Wellington studio has on the go. HANDOUT

New Zealand: The land of special effects

Hurrying for The Hobbit. Peter Jackson's Wellington studio puts together blockbusters in a pastoral setting

A crate full of sushi arrives. Workers wearing wetsuit shirts or in bare feet bustle past with slim laptops. With days to go, a buzzing intensity fills the once-dilapidated warehouses where Peter Jackson's visual-effects studio is rushing to finish the opening film in The Hobbit trilogy.

The fevered pace at the Weta Digital studio near Wellington, New Zealand, will last nearly until the actors walk the red carpet Nov. 28 for the world premiere. But after The Hobbit: An Unexpected Journey hits theatres, there's more work to

be done.

Weta Digital is the centre-piece of a filmmaking empire that Jackson and close collaborators have built in his New Zealand hometown, realizing his dream of bringing a slice of Hollywood to Wellington. It's a one-stop shop for making major movies — not only his own, but other blockbusters like Avatar and The Avengers and hoped-for blockbusters like next year's Man of Steel.

Along the way, Jackson has become revered here, even receiving a knighthood. His humble demeanour and crumpled appearance appeal to distinctly New Zealand values, yet his modesty belies his influence. He's also attracted criticism along the way.

The special-effects workforce of 150 on The Lord of the Rings trilogy a decade ago now numbers 1,100. Only five of Weta Digital's workers are actual employees, however,

while the rest are contractors. Many accept the situation because movie work often comes irregularly but pays well. Union leaders, though, say the workers lack labour protections existing in almost any other industry.

Like many colleagues, Weta Digital's director, Joe Letteri, came to New Zealand in 2001 to work on the Rings trilogy for two years. The work kept coming, so he bought a house in Wellington and stayed.

"People come here because they know it's their chance to do something really great and to get it up on the screen," he said in a recent interview.

Jackson, who declined to be interviewed for this story, launched Weta in 1993 with fellow filmmakers Jamie Selkirk and Richard Taylor. Named after an oversized New Zealand insect, the company later was split into its digital arm and Weta Workshop, which makes

Big business

The New Zealand government calculates that feature films contribute \$560 million each year to New Zealand's economy. Like many countries, New Zealand offers incentives and rebates to film companies and will contribute about \$100 million toward the \$500 million production costs of The Hobbit trilogy.

props and costumes.

Beyond having creativity as a filmmaker, Jackson has proved a savvy businessman, Letteri says. "The film business in general is volatile, and visual effects has to be sitting right on the crest of that wave," Letteri says. "We don't get asked to do something that somebody has seen before."

THE ASSOCIATED PRESS

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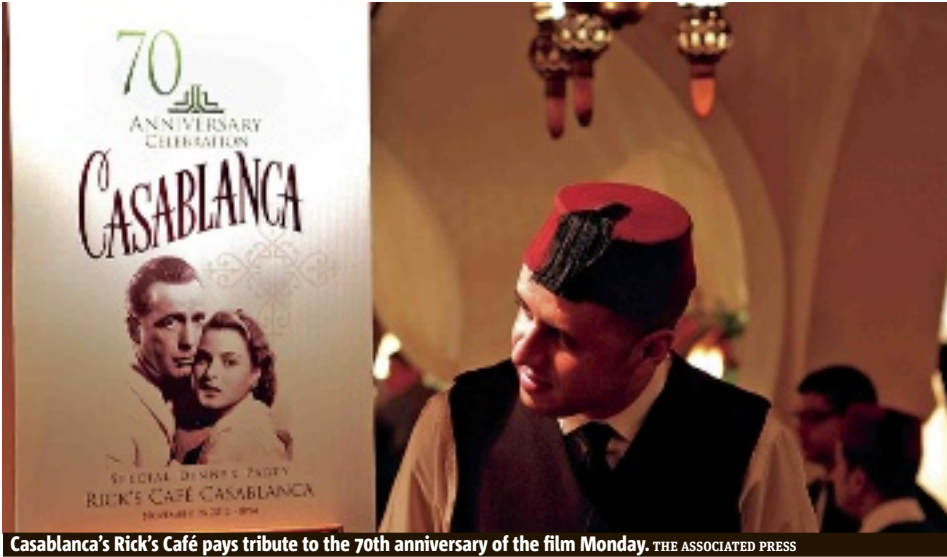
Seventy years later, Casablanca still evokes images of a pining Bogart

Play it again. For North Americans, Moroccan city is still known best for its association with iconic film

Seven decades after the premiere of the film classic Casablanca, the Moroccan port city remains firmly associated in many people's minds with the movie, even though Rick's Café Americain, where much of the story took place, was a pure creation of Hollywood.

Casablanca, a story of love and intrigue during the Second World War, premiered Nov. 26, 1942. Today, the city is a vibrant, noisy metropolis of four million people and Morocco's commercial capital, nothing like the wartime colonial outpost depicted in the iconic movie, which starred Humphrey Bogart as Rick.

But a trip through the city's swanky lounges and



Casablanca's Rick's Café pays tribute to the 70th anniversary of the film Monday. THE ASSOCIATED PRESS

dive bars can still evoke the spirit of the cafe from the movie. There's even a real-life Rick's Café here, founded by an American expat.

In the film, Rick's Café Americain, an expansive space spanned by low arches, had it all — a casino, singers, full

brass band and round tables where guests hunched conspiratorially, drinking and talking about resisting the Nazis or getting exit visas to flee to America.

Outside the café's panelled doors, the movie depicted Hollywood's "Middle East"

with generic dusty streets and markets. Characters talked about "rotting" away in Casablanca, described as being in the middle of a desert. In fact, Casablanca in 1942 was a jewel of the French colonial empire, famous for luscious art-deco and neo-classic architecture.

Quoted

"I was amazed in my four years here that no one ever thought of establishing a Rick's Café"

Kathy Kriger, Rick's Café owner

"During the 1940s, Casablanca was a laboratory for European architects," said Adel Saadani, who works to raise awareness of the city's neglected heritage.

"There was space and there was money and there was a carte blanche for architects to experiment."

For decades after the war, said Saadani, Casablanca was filled with jazz clubs and cabarets that hosted the likes of Dizzy Gillespie, Louis Armstrong and Josephine Baker. The movie's pianist, Sam, would have fit right in.

But the last jazz club closed in 1984 amid conservatism and a turn away from Western

music. Downtown bars fell into disfavour. At the same time, rural migrants flooded in looking for jobs. Cheap, ugly, unregulated high rises sprung up as the city mushroomed.

Tourists passing through the city looking for Rick's in those years were often disappointed by traffic-choked streets and the glass and concrete tower blocs of a modern city. But in recent years, more nightspots have opened, including, in 2004, Rick's Café.

"I was amazed in my four years here that no one ever thought of establishing a Rick's Café," recalled its owner, Kathy Kriger.

Her elegant restaurant, in a 1930s townhouse on the edge of Casablanca's medina, is awash in nostalgia for the classic film. Kriger can be found most nights perched on the end of the long bar, while a piano player — named Issam, not Sam — plays the movie's theme song, As Time Goes By, repeatedly through the night to a packed house.

THE ASSOCIATED PRESS



Writer/director Lana Wachowski faced the daunting task of adapting Cloud Atlas to the screen. THE CANADIAN PRESS

'Unfilmable' books can make for great cinema

New era. Technology advances and daring filmmakers have pushed the envelope on thoughts of what belongs on-screen

It would appear that labelling a book unfilmable is a sure-fire way to get a filmmaker's attention. How else to explain the multitude of book-inspired features currently at the multiplex, a good number of them drawn from challenging literary works chock full of the very things popular cinema generally tries to avoid?

Rambling storylines, monumental themes, complex structures, detours into wild fantasy and innumerable characters are proving little impediment to the perennial search for the next big blockbuster.

Last week, Yann Martel's long-considered-unfilmable tale Life of Pi came to theatres as a 3-D spectacle, the painstaking work of Oscar-winning director Ang Lee. It follows

the ambitious adaptations of David Mitchell's literary puzzle Cloud Atlas and Salman Rushdie's magical, historical tale Midnight's Children. And next month, theatres welcome a big screen take on J.R.R. Tolkien's fantasy-laden The Hobbit while January will see Jack Kerouac's meandering Beat Generation novel On the Road.

As film critic and curator Jesse Wenthe notes: "A book is only unfilmable until someone makes a movie of it."

Whether that adaptation is a good film or not is another question entirely. Reaction has been mixed to the cinematic incarnations of the two-hour-and-43-minute Cloud Atlas and the two-and-a-half-hour Midnight's Children — each elaborate ventures that faced challenges in wrestling their narratives into script form.

"Not all the ideas from the page are going to work on screen and not all the ideas of the screen flow to the page. I think it's the magic that occurs in the middle that makes it," says Wenthe. "Totally filmable books can end up as appalling movies and unfilmable books

can win Oscars."

An explosion of digital movie-making tools has allowed for even more "unfilmable" books to hit the big screen, he adds.

"All sorts of what we now are calling populist cinema wasn't possible 20 years ago, or at least wasn't possible in the same way and with the same sort of vision," says Wenthe.

The computer generated imagery on display in Life of Pi certainly didn't exist when the book came out in 2001. It's a big reason its Saskatoon-based author says he had a hard time imagining how a film could be made from his Booker Prize-winning tale. Plus, so much of the story unfolds through reflection, with the hero Pi struggling with deep philosophical questions — hardly the stuff of box office smashes.

"Those are easy words to write on the page. But how would one bring them to life on the screen?" Martel writes in the forward to the behind-the-scenes book, The Making of Life of Pi. "The challenge seemed forbidding. Who would be crazy enough to try?"

THE CANADIAN PRESS

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Speculation abounds: Where will Disney take Star Wars next?

New trilogy. Facts are scant — but there are a plethora of novels and comic books that Disney can mine for ideas for new films

Darth Vader is dead. The evil Emperor exploded after being thrown down a shaft. And Luke Skywalker and his allies destroyed both Death Stars, restoring balance to the Force. For The Walt Disney Co., the prospective new owner of the Star Wars franchise, what's left to tell?

A lot, apparently.

There are more than 110 novels and 80-plus comic books set after the events of Return of the Jedi, the sixth episode in the film series and the third to be made. All of these additions to the so-called "expanded universe" were sanctioned by Lu-

casfilm Ltd., founded by series creator George Lucas.

That has left a lot of room for speculation ever since Disney announced last month that it would buy Lucasfilm for \$4.05 billion and resume making Star Wars movies, starting with Episode 7 in 2015.

For fans, some big questions remain.

Will Luke take on a Jedi apprentice? Will Han Solo and Princess Leia have kids? And who will be the movies' villain? (A) A revived Emperor; (B) the hard-to-kill bounty hunter Boba Fett; (C) some new corrupt leader of the remnants of the Empire, or (D), all of the above?

Each of these scenarios have been explored in some fashion away from the big screen. Whether they will be incorporated into the next trilogy of films is anyone's guess.

"Right now, everyone is literally just reading tea leaves," said Bryan Young, a Star Wars watcher and editor of the blog

Chasing clues

One of the most telling clues as to the next trilogy's direction is the fact that George Lucas invited Luke actor Mark Hamill and Princess Leia actress Carrie Fisher to lunch some time ago to tell them that the sequels were going to be made. This suggests that Luke and on-screen sister Leia will be involved.

Big Shiny Robot.

The facts so far about the announced Episodes 7, 8 and 9 are scant: Lucas will be a creative consultant but won't direct the films. Kathleen Kennedy will produce them as president of Lucasfilm. And Oscar-winning writer Michael Arndt, who wrote Little Miss Sunshine and Toy Story 3, will pen the screenplay for Episode 7.

THE ASSOCIATED PRESS



With Darth Vader dead, where will the Star Wars saga go next? THE ASSOCIATED PRESS

How Psycho captured the world's imagination

Iconic film.

Alfred Hitchcock's vision shocked the sensibilities of its day and laid the path for future directors

For his first professional acting job, a 22-year-old Anthony Hopkins took a train from south Wales to Manchester. With time to kill on a rainy day, he dropped off his bags and headed to the movies, where a long queue wound outside the cinema.

"It was packed," Hopkins recalls. "I sat down and I didn't know what the hell I was in for. I had heard stories about it. When it got to the shower scene, I don't think I've ever been so scared in my life."

The movie was, of course, Alfred Hitchcock's Psycho, a film that, 52 years after its shocking premiere, still hasn't released audiences from its subversive thrall. The film, which Hitchcock called "a fun picture," was

revolutionary in its violence, its sexiness, its sympathy to the perspective of the criminal mind — and, perhaps above all, its technique.

"What if someone really good made a horror picture?" wonders the British director, played by Hopkins, in the new film Hitchcock. Directed by Sacha Gervasi, it depicts the making of Psycho with a keen focus on Hitchcock's relationship — and profession indebtedness — to his wife Alma Reville (played by Helen Mirren).

It is only the latest example of the undying fascination with Psycho, a film that ushered in a new darkness in American movies — one with a playful sense of irony toward violence, but also a serious treatment of that which had previously been considered mere "schlock." Though Hitchcock made a dozen films that could easily be labelled masterpieces, none seized audiences with the same power as Psycho.

Made for just \$800,000 at the end of Hitchcock's contract with Paramount (which

distributed the film but left Hitchcock to finance it himself), Psycho, based on Robert Bloch's novel, went on to gross \$32 million — the biggest hit of his career. The director famously handed out manuals to theatres with explicit directions not to let anyone in after the movie began. Though most critics dismissed the film then, some finally began to consider Hitchcock an artist of the highest order — most notably Robin Wood, who called Psycho "perhaps the most terrifying film ever made."

"We are (taken) forward and downward into the darkness of ourselves," wrote Wood. "Psycho begins with the normal and draws us steadily deeper and deeper into the abnormal."

That Psycho killed off its star — Janet Leigh — after just half an hour was only one of its many unheard of elements. Scenes of Leigh in her underwear were unusual for their time, too, and prompted lengthy negotiations between Hitchcock and the censors. Even a flushing

toilet — considered a vulgar sight — had never been seen in such a big movie.

Of course, in his book The Moment of Psycho: How Alfred Hitchcock Taught America to Love Murder, the critic David Thomson argues that the influence of Psycho is everywhere in movies, including Bonnie and Clyde, Jaws, Taxi Driver, many of the films of Stanley Kubrick and even the James Bond movies. Psycho, Thomson writes, let "the subversive secret out," after which "censorship crumpled like an old lady's parasol."

"It's one of the most influential films ever made," says Thomson. "It's the beginnings of a flood of violence. Violence becomes more acceptable in film. It's a whole new attitude to the criminal personality. It becomes more interesting in a way that had never really operated before. It celebrates the director. (Hitchcock) was taken with a new seriousness after that, and in turn, directors were."

THE ASSOCIATED PRESS

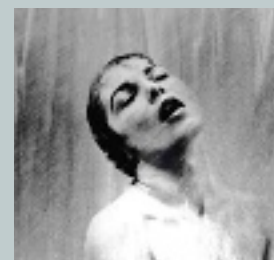


Anthony Hopkins plays the famed director in Hitchcock. HANDOUT

In the shower

Psycho's infamous scene

The film's piece de resistance is when star Janet Leigh's Marion Crane character meets her demise — immediately recognizable from the "screaming violins" of Bernard



Herrmann's score. A prop man sounded the scene by knocking casaba melons.

Noble tradition: Stone's new series to 'let the juicy stuff out' of American history

The Untold History of the United States.

Controversial, talented director pairs up with professor to give alternate view of past

Oliver Stone has never been shy about ruffling feathers with his take on real-life events.

From J.F.K and Nixon, to Salvador and W, Stone has challenged the history taught in schoolbooks. His latest project, *The Untold History of the United States*, a 10-part series on the premium Showtime network, explores more facts he feels were suppressed, with new takes on the atomic bombing of Japan, the Cold War and the fall of Communism.

To maintain accuracy throughout the series, Stone partnered with Peter Kuznick, a history professor at American University. Kuznick was no stranger to Stone, having used Stone's films for years to provide perspective for his students. Both he and Stone feel history is often written with a happy ending.

Recently, Stone spoke to the Associated Press about the issues tackled in the series, the companion book, and his take on the General Petraeus scandal.

AP: What drives you to cover historical events with your own perspective?

This is a noble tradition. Sometimes it's funny that it sounds as if it's an illegitimate tradition, but it goes back — the Greeks did plays about ancient rulers. Shakespeare did a huge amount of plays about history. Some of them were more accurate than others, there's no question.

But you take a fair share of criticism?

I've never, ever by my own standard of ethics violated the trust of my audience by saying something that I knew to be false. I may have made some mistakes, but never did it on purpose, ever. I've been so tired of defending myself. It's become silly. ... (For this project) we've had three fact checks. There's a book. Sourcing is included, footnotes. The facts are indisputable. The interpretation is disputable, but at least the

facts are there.

Why do people resist changes to the history we've learned?

We have told a coherent narrative that begins in 1900 and we've taken the darker view of the U.S. actions because I do believe in the U.S. textbooks that the kids learn there's a process by which things get sanitized out. The horror stories. The bad stuff, because kids love that and it's interesting that we're doing the opposite. Instead of giving them some horror stories, we tell them everything works out well in the end. ... I think my theory is they don't enjoy history, they don't like to study it because they know the ending and know it's going to be some sappy story the teacher tells them about how the U.S. does good in the end and that's sort of the trick, you see. We're going back and saying, "Let the juicy stuff out."

Give me an example?

Very few people know about how strong the English empire was going into World War II. (Franklin Delano) Roosevelt had a suspicion of the English empire and he was trying to balance the Soviet interests with American interests as well as British interests. He didn't want to be taken for a ride and save England to have England recolonize the world, which is what they did.

There's new history being written with the General Petraeus scandal. What are your thoughts?

Frankly, it's not a big concern of mine. It's done. He's out. But it's sold again as a media-hyped narrative of a soap opera of a military hero, so-called, falling for a beautiful woman and being betrayed, and so forth, and he falls from stardom. Great story. The truth is that it's like a Shakespeare drama. Petraeus was never a hero. If the media had used the same investigative skills that they are using on this sordid sex affair, they would have found out that Petraeus was not what he seemed to be. He was not in combat. His genius in writing about counter-insurgency was to point out essentially that we use the journalists to control perception, because perception is more important than reality. **THE ASSOCIATED PRESS**



Director Oliver Stone GETTY IMAGE

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James Tupper stars in *Playing for Keeps*. HANDOUT

On the big or small screen, Tupper is Playing for Keeps

New movie. Actor becomes romantically entangled with Jessica Biel and Gerard Butler in the upcoming feature film

STEPHEN
ERAMO
Metro World News

Handsome, talented and one of TV Guide's Sexiest Stars as well as Us Weekly's Sexiest TV Men, actor James Tupper has worked hard to make a name for himself on the big and small screens.

He also happens to be a genuinely nice guy, which will likely have moviegoers rooting for him and his character in director Gabriele Muccino's upcoming feature film *Playing for Keeps*.

It was Muccino's name

that first attracted Tupper to the project.

"Gabriele directed *The Pursuit of Happyness*, and what I liked about the film was that it didn't shy away from showing a young boy growing up in poverty and its effects on him," says the actor.

"Gabriele dealt with that head-on, and although Will Smith's character is a big hero in the film, what he goes through is brutal.

"*Playing for Keeps* is a romantic comedy, but part of it deals with divorce and its impact on children. That fascinated me, so I auditioned for the film, but I thought it went terrible because I didn't hear anything for about three weeks.

"Then one day I got a call asking if I could fly to Shreveport, La., to shoot the movie and I said, 'Are you kidding? You bet,' he enthuses.

In *Playing for Keeps*,

Quote

"As is often the case, the heart goes where it wants and the story becomes about everyone trying to be an adult and struggling with adult issues."

James Tupper

Matt (Tupper) unknowingly becomes a romantic rival when his fiancé Stacie's (Jessica Biel) ex-husband George (Gerard Butler), a former sports star who has fallen on hard times, comes back into her life and starts coaching their son's soccer team.

"As is often the case, the heart goes where it wants and the story becomes about everyone trying to be an adult and struggling

with adult issues," explains Tupper.

"I had a wonderful time because Gabriele never told me to dumb it down. He said, 'You go for it and be the best you can be.' Everyone involved in the movie was a terrific artist, and that made for an amazing (work) experience."

On TV, Tupper recently played the recurring role of David Clarke in the hit series *Revenge*.

Currently, the actor is shooting executive producer Jerry Bruckheimer's new pilot, *Secret Lives of Husband and Wives*.

"It's the story of these suburban couples who are living seemingly normal lives, but then a surprising and violent event shakes up their world," he says.

"Everyone isn't quite who they appear to be and I'm hoping that audiences will enjoy finding out what's going on with these characters."

Bret 'the Hitman' Hart celebrates WWE's Attitude Era years

Wrestling. Canadian superstar talks about new video game and performing during the prime years of the WWF and WWE

By one count, former pro wrestling star Bret "the Hitman" Hart has been in 21 video games.

But the 55-year-old Calgary native has a soft spot for WWE 13. That's because the game features Hart and others in classic playable storylines from the so-called Attitude Era years starting in the late '90s. For Hart, the mid-'80s and pro wrestling icon Hulk Hogan were "much more about cartoon characters." A change was needed.

"By the early '90s when I was sort of in my prime, we started moving to the Attitude Era and I like to think that I kicked the doors open for the Attitude Era," Hart said in an interview.

"It was more about the wrestling," he added. "It wasn't so much about the characters,

Bret "the Hitman" Hart
HANDOUT

even though we were in a lot of ways much more interesting characters.

"The titles really seemed to mean a lot to the wrestlers in that era. Winning and losing and being on top was sort of critical.... Winning titles meant prestige and better pay. The top guys were making the best money. So there was a lot at stake."

The Attitude Era is just part of the game, which includes today's wrestlers and the ability to create your own storyline.

The WWE game is developed by Yuke's Co. Ltd, a Japanese company with a long history of wrestling games.

Rated T for Teen, WWE 13 is available for the PlayStation 3, Xbox 360 and Nintendo Wii.

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James D'Arcy shows us his murderous side

Hitchcock. Actor who portrays Psycho's Anthony Perkins in new film says he didn't want to get stuck down the 'nasty cul-de-sac' of impression

HEIDI PATALANO
Metro World News in New York

James D'Arcy isn't one for impersonations. Though he has played King Edward in Madonna's W.E. and more recently Anthony Perkins in Sacha Gervasi's Hitchcock — in theatres now — the British actor is hesitant to claim an ability to mimic the famous personalities he's played.

"I think you don't get too bogged down, in that it's not a documentary," he says.

"Firstly you've got to serve the script ... then after that,

you try to be respectful and as honest as one can. I've never met either of (the real life people I've played) so it's very difficult. I think you get stuck down that nasty cul-de-sac if you try and do an impression."

Playing the timid Perkins, whose name was to become synonymous with Norman Bates after he played the fictional killer in Alfred Hitchcock's 1960 film, Psycho presented its own challenges.

Hitchcock follows the titular master of suspense as he develops and shoots his most famous film.

The story is largely Hitchcock's, exploring how famed murderer Ed Gein became his inspiration and how the landmark film affected his relationship with longtime collaborator and wife, Alma Reville. The relationship between Hitchcock and Perkins was surprisingly a positive one, though only hints of it are shown in the film.

"Hitchcock was very collaborative with Tony Perkins and I didn't think that was the way

Hitchcock operated at all," D'Arcy says.

"It was quite a surprise to discover that and the photographs of them together — you see of them together while they're shooting the movie, they're really friendly."

The same could be said of D'Arcy and the man playing his on-screen director, Anthony Hopkins. Almost unrecognizable in his prosthetic mask, contacts and fat suit, the knighted actor's thoroughly convincing costume made him far less imposing to D'Arcy than he otherwise would have been.

"It was so good that it didn't feel like Anthony Hopkins," he admits. "In fact, we've become quite good friends since the movie finished and it's still weird seeing him as Tony, as him with blue eyes, really great piercing blue eyes. When we were working together, (and he was in costume,) he was very corpulent and had brown eyes. He looked completely different. You couldn't really see Tony in there at all."

Memories of Hitchcock

- The first time James D'Arcy saw a Hitchcock film. "I was 13 and I didn't want to watch it. I knew it was a horror. I knew something about Psycho. My mum, I think, told me that when she'd seen it, people had fainted in the cinema and people had run out screaming. So I knew about this really scary film and I don't like horror movies. I was staying at a friend's house and I was lying on the couch. He literally sat on me and made me watch. He sat on me for the whole movie and made me watch it and if I kind of covered my eyes he'd pull my arm away. So that's my first memory of Alfred Hitchcock and Psycho."



James D'Arcy plays Anthony Perkins in Hitchcock. HANDOUT

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They're still Rolling: Stones storm London for 50th anniversary show

Next stop: NYC. They made it this far and they're not slowing down

The verdict is in: The Rolling Stones are back. They may look old, but they still sound young.

That was the consensus Monday as Britain's rock critics responded to the Stones' 50th anniversary bash Sunday night, the first of five shows to commemorate their half century of rhythm and blues-tinged rock. It was the band's first London performance in five years, and their own advancing years had led some to be skeptical that they could still perform at the highest level.

They were led by the seemingly ageless Mick Jagger, whose strutting style has not been dimmed, and backed by brilliant guitarists Keith Richards and Ronnie Wood and the energetic drumming of Charlie Watts, who is now past 70 but shows no sign of slowing down. There was a stunning guest appearance by former Stone Mick Taylor, who stole the show during a searing performance of Midnight Rambler and a brief visit from former bassist Bill Wyman.

The Daily Mail's Jan Moir said the Stones had somehow beaten the aging process: "You might imagine that they had been worn down by life, by wives, by arthritis, by scandals old and new, by drugs, but no — they seemed indestructible." She said their swampy, gritty sound remains unique after half a century.

Daily Telegraph reviewer Neil McCormick said the band exceeded all expectations. He described the weaving of the guitarists, mixed with Jag-



Mick Jagger, front centre, Ronnie Wood, left, with Keith Richards and Charlie Watts of The Rolling Stones perform at the O2 arena in east London on Sunday. JOEL RYAN/THE ASSOCIATED PRESS/INVISION

ger's blues harmonica, as a wonder.

"When looking for the secret of the Stones, it is perhaps that they actually listen to each other while they play, and almost lose themselves in it, while their brilliant frontman keeps it all together," he wrote.

Ebullient fans agreed with this assessment, as did the Guardian newspaper, which gave the performance four out of five stars.

Quoted

"It's amazing that we're still doing this, and it's amazing that you're still buying our records and coming to our shows."

Mick Jagger

Jagger, in skin-tight black pants, a sparkly tie and a matching checked jacket and hat, took time out from singing to thank the crowd for its loyalty.

"It's amazing that we're still doing this, and it's amazing that you're still buying our records and coming to our shows," he said. "Thank you, thank you, thank you."

Lead guitarist Keith Richards, whose survival has surprised many who thought he would succumb to drugs and drink, was blunter: "We made it," he said. "I'm happy to see you. I'm happy to see anybody."

But the band's fiery music was no joke. The show was fuelled by strong guest appearances by Taylor, Mary J. Blige — who shook the house in a duet with Jagger on Gimme Shelter — and Jeff Beck.

The 50th anniversary show, which will be followed by one more in London, then three in the greater New York area, lacked some of the band's customary bravado — the "world's greatest rock 'n' roll band" intro was shelved — and there were some rare nostalgic touches.

The concert began with some early Stones' numbers rarely heard in concert, including the band's cover of the Lennon-McCartney rocker I Wanna Be Your Man and a cover of It's All Over Now, written by Bobby and Shirley Womack.

They didn't shy away from their darker numbers, including Paint It Black and Sympathy for the Devil — Jagger started that one wearing a slightly silly black, purple-lined faux fur cape that conjured up his late '60s satanic image.

He even cracked a joke about one of the band's low points, telling the audience it was in for a treat: "We're going to play the entire Their Satanic Majesty's Request album now," he said, referring to one of the band's least-loved efforts, a psychedelic travesty that has been largely, mercifully, forgotten.

He didn't make good on his threat.

Jagger seemed more mellow than usual, chatting a bit about the good old days and asking if there was anyone in the crowd who had seen them in 1962, when they first took to the stage.

He said 2012 had been a terrific year for Britain and that the Stones nearly missed the boat, playing no role in the celebration of the Queen's Diamond Jubilee, the London Olympics or the new James Bond film.

"We just got in under the wire," he said. "We feel pretty good." **THE ASSOCIATED PRESS**



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Prince Charles ALL PHOTOS GETTY IMAGES

Charles in charge? Not anytime soon, it seems

Prince Charles, who recently celebrated his 64th birthday, may be growing tired of being the longest-waiting heir to the throne in British history, as his 86-year-old mother, the Queen, shows no sign of stepping down.

"Impatient? Me? What a thing to suggest! Yes, of course I am," Charles joked with reporters recently, according to the Telegraph. "I'll run out of time soon. I shall have snuffed it if I'm not careful."

The Word



Lohan wants more small screen action



THE
WORD
Dorothy Robinson
scene@metronews.ca

If you didn't catch the masterpiece that was Sunday night's *Liz and Dick* on Lifetime, you missed out on the pop culture phenomenon of the month. Critics had a mighty fine time lambasting what was to be Lindsay Lohan's return to acting prominence. Instead, her performance seemed like it was best suited for community theatre, if community theatre were held in a prison.

But Lohan will not let a little thing like public ridicule get her down— RadarOnline.com is reporting that now that she's gotten a taste of TV, she wants her own sitcom.

"Lindsay has asked her manager and agent to look into getting her her own television sitcom," a source tells the website.

"Lindsay feels that the small screen would be a

I just play one on TV...

"Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

Source speaking to RadarOnline.com

great way for her to revitalize her acting career and that a comedy would be the best bet. Lindsay feels most comfortable doing comedy and it was Charlie Sheen that told her she should do it. Charlie told Lindsay that it was an easy way to make very good money and help her to get her movie career back on track. Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

And honestly, judging from the attention *Liz and Dick* received, I'm sure Lifetime got some of the best ratings it has seen in years. So maybe it will be Lohan who will get the last laugh? (Ed note: Actually, no, scratch that ending. We'll all still be laughing about *Liz and Dick* for a long, long time.)

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Looking for a winter fitness challenge?

How to get started. Consider something you can keep up for the long run and will pay off for you in springtime

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By starting a new, simple training routine now, you can set a goal of running your first race come 2013.

Added bonus: You double your calorie burn when you run in the winter, as your body works to keep warm while you keep up your pace.

But what if you've never run before?

Where do you start?

One of the first things a new runner should consider is finding a training buddy, says Shelley Beaubien, na-

tional clinics and training program administrator for Running Room Canada.

"When you're starting out, you want to be able to talk while you're running," explains Beaubien. If you can continue a conversation, you're keeping a good pace.

"If you're running too hard, you overtrain, you can get injured, or you drop out."

Running with a friend ensures you stay motivated and safe.

As the temperature dips, the weather poses more risks to runners, and a friend will be able to watch for signs of hypothermia.

Beaubien emphasizes keeping your head, hands, and feet properly covered and warm while wearing appropriate training gear.

First-timers should combine running and walking in intervals and set aside enough time to train three times a week at a time of day that works best for you, says Beaubien.

New runners should also run for time and not distance as your body adapts to a new training routine.

As your strength increases, you can increase the intensity or distance of your run.

But the Running Room advises against expanding your distance program any more than about 10 per cent per week.

By starting your training on the right foot, you're helping yourself stick to a healthy routine for the long haul.

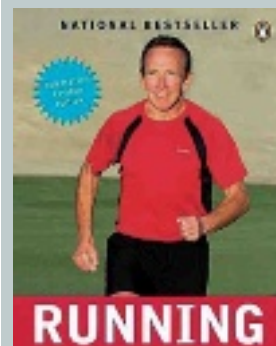
"You want to make sure that you're not doing it just for a short period of time," says Beaubien.

"You want to think about it as a lifestyle change ... a way to get healthy and stay healthy the rest of your life."



Start your training off on the right foot. ISTOCK PHOTOS

Winter running tips



Here are some winter running tips from John Stanton, founder and president of the Running Room Canada, from his book, *Running: Complete Guide to Building Your Running Program*.

- 1** Adjust the intensity of your workout.
- 2** Keep your head covered and your hands and feet warm, as a significant amount of our heat loss comes from our extremities.
- 3** Warm up properly, start your runs at a comfortable pace and slowly build up to a pace slower than your normal training pace.
- 4** Cover all exposed skin. If you or your running partner have exposed skin, be aware of each other to prevent frostbite.

What to eat

Some of the most popular (and simple) running foods, according to the Running Room:

- **Oatmeal.** Provides great slow-digesting carbohydrates and fibre as part of a pre-run meal.
- **Bananas.** Popular before, after, and even during a run, as they replenish potassium you lose as you sweat.

Start sharing

This is the second in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

Do you some marathon tips? Visit metronews.ca/features/firsts, tweet us or even turn to the person next to you and share your advice to a marathon newbie.





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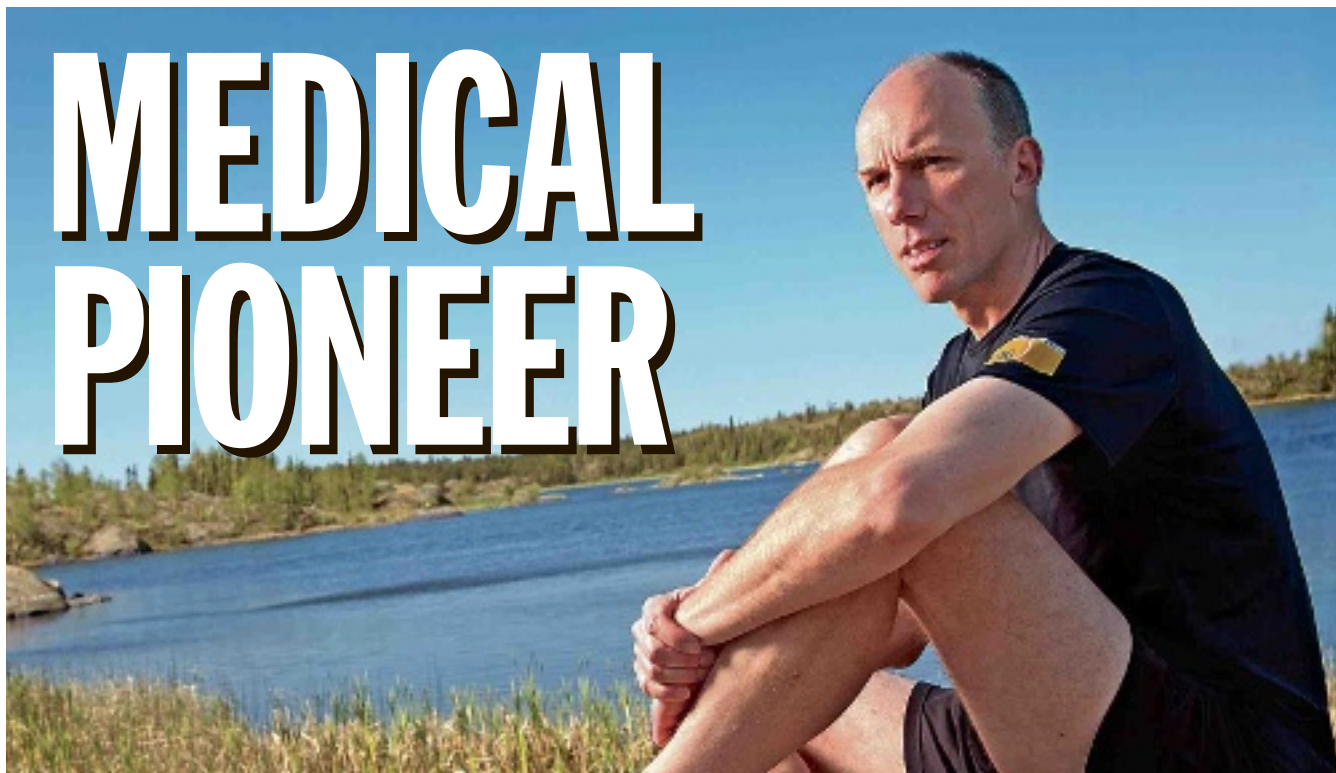
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MEDICAL PIONEER



DAVE BROSHA PHOTO

DR. EWAN AFFLECK HELPING IMPROVE ELECTRONIC HEALTH CARE

For people in Ottawa, the idea of having to fly to another city to access basic health care seems unreasonable. But in the Northwest Territories — an area the size of Ontario with a population of only 42,000 people — it is a common reality. More than one in four residents of the territory travelled away from their community for health care last year alone.

Distance is a concept not lost on Dr. Ewan Affleck, a Yellowknife family physician and ultra-marathon runner. He is helping to improve health care in the North through the better use of information technology. For more than a decade, Affleck has pioneered the use of electronic medical records (EMRs) — digital compilations of patient information that can be readily

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updated and shared by health-care professionals. Affleck has witnessed how EMRs benefit patient care and recognizes that EMRs are just the beginning.

“Ultimately, the better we share patient information, the better able we are to deliver top-quality care. EMRs deliver huge efficiencies, and have certainly made me better at helping people, which is what it’s all about.”

Affleck’s journey into the world of high-tech medicine began with an airline trolley full of medical paperwork.

“To cope with the volume of paper I had

to manage, I bought a cart that I would load with files and roll from one location to the next,” Affleck says. “I knew there had to be a better way.”

The ultra-marathoner in Affleck kept him working on the EMR project through good and bad times, and the creative challenge re-energized his work as a physician. Today, the EMR is used by more than half of the territory’s population and has attracted the attention of countries around the world.

“You know there are very cool things happening now with digital images,” Affleck says. “We’re able to share these images using secure networks and provide more immediate response to people in remote places.”

Given that technologies such as EMR

HEALTH IT IN CANADA

Health information technology (HIT) — including electronic medical records (EMRs) — is a powerful tool that can help improve patient care. Some studies suggest that digitizing Canada’s health-care system would save lives and generate efficiencies of more than \$6 billion per year.

In 2001, the federal, provincial and territorial governments created Canada Health Infoway, a not-for-profit corporation mandated to accelerate the implementation of a national HIT network. Investments to date have focused on institutions such as hospitals. In 2011, approximately half of Canada’s acute-care public hospitals could view and update electronic health information about their patients. And approximately 80 per cent of these hospitals could also view and share diagnostic images.

The focus is now shifting to community settings, such as doctors’ offices and clinics, where more than 85 per cent of care is delivered. In 2009, fewer than 40 per cent of all physicians in Canada had access to electronic medical records. Work is now underway to realize the full potential impact of HIT on the front lines of care.

can address particular challenges in the delivery of health care — particularly in the Northwest Territories — Affleck expects their use will continue to grow.

“Patient-centred care has to drive everything we do,” Affleck says. “If you are not benefiting the patient, then why bother.”

SIMPLE HEALTH MESSAGES GOING VIRAL

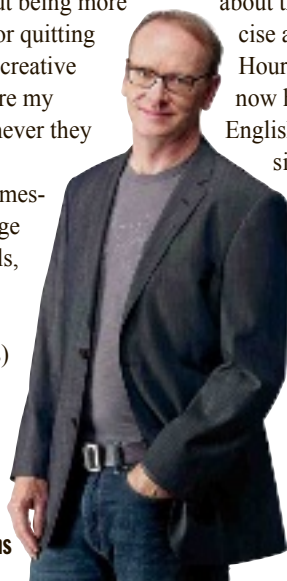
MEDICINE IS ABOUT RELATIONSHIPS: DR. MIKE EVANS

Dr. Mike Evans harnesses the power of modern media to promote health. A family physician at St Michael’s Hospital and associate professor of family medicine and public health at the University of Toronto, Evans runs a different kind of medical lab — one that includes filmmakers and illustrators, as well as clinicians and researchers.

“Medicine is about relationships, yet most of our engagement focuses on occasional 15-minute visits,” Evans says. “Seventy-five per cent of health care is actually done at home. We need to support

that self-care in practical ways that connect with individuals. Instead of repeatedly giving the same talk about being more active, managing stress, or quitting smoking, why not post a creative version on YouTube where my patients can view it whenever they want to?”

Evans delivers health messages through a wide range of modern media channels, including a website (myfavouritemedicine.com) Twitter (@docmikeevans) and Facebook (facebook.com/docmikeevans); he also appears regularly on CBC radio and



Dr. Mike Evans

writes columns in the Globe and Mail.

In 2011, Evans created a simple video about the health benefits of regular exercise and posted it online. Titled 23½ Hours, the piece quickly went viral. It now has almost three million views in English and a total of 1.5 million views in

six other languages. Featuring a simple, visually appealing whiteboard animation, the video answers the straightforward question: “What’s the single best thing you can do to improve your health?” with a challenge: “Can you limit your sitting and sleeping to just 23½ hours a day?”

“A well told story is more likely to inspire people to change their behaviour than data from a study,” Evans says.

CONTACT INFO

For more information about doctors innovating for patients, visit doesforpatients.ca.

The success of the project has inspired Evans to create videos on many more topics including concussions, stress and smoking.

“A big part of the video’s success can be attributed to sharing,” Evans says.

“Many people received it from someone they loved, and then sent it along to one or more people. It spread like a virus, but instead of a cold, it’s an engaging message that empowers people to take charge of their health. And that’s what quality health-care is really all about.”

Beef and Butternut Squash Stew goodness in 45 minutes



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Almost by definition, beef stew isn't a weeknight-friendly dish.

That's mostly because stew meat is tough and requires a long simmer to become tender.

But who has time for that at the end of a long day?

Enter this speedy beef stew that could be tossed together and on the table in 45 minutes.

The first step is replacing the meat. Stew meat is out. But tender sirloin tips work perfectly when you brown them first, then set them aside while the other ingredients cook. The meat is returned to the pot toward the end of cooking. The result is a perfect taste and texture.

1. In saucepan over medium-high, heat oil. Add beef, in batches if needed to avoid crowding pan, and cook, turning, until browned on all sides but still rare at centre, about 5 minutes. Use a slotted spoon to transfer the beef to a plate.

2. Return saucepan to heat and add the squash and carrots. If pan is too dry to easily sauté vegetables, add a splash of olive oil. Sauté until squash begins to

Ingredients

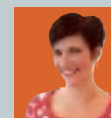
- 2 tbsp olive oil
- 1 1/2 lbs sirloin beef tips, cut into 1-inch chunks
- 3 cups cubed butternut squash (1/2-inch cubes)
- 1 cup baby carrots, halved
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 28-ounce can crushed tomatoes
- 2 cups beef broth
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- 1/2 tsp mustard powder
- Salt and black pepper

brown, about 5 minutes. Add onion and garlic and continue to cook until the onion is tender, 6 minutes.

3. Add tomatoes, broth, paprika, thyme and mustard powder. Bring to simmer and cook until the carrots and squash are tender, about 20 minutes. Return the beef to the pot, as well as any juices that have accumulated on the plate. Simmer for 5 minutes, then season with salt and pepper. **THE ASSOCIATED PRESS**

Health Solutions

Get all beefy



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With all the beef in the news recently, one has to wonder if it deserves a place on your healthy plate. You have to weigh the pros and cons (and measure your desire for flame grilled against them).

From a nutritional perspective, you can get what beef boasts elsewhere:

• Mussels have almost as much zinc and much more B12.

• Chicken thighs have about half the amount of iron.

• Ounce for ounce, chicken, fish and pork all have about the same amount of protein.

But if you really want the beef, here is something to think

about:

• Grass fed beef has a healthier fat profile.

• Grass fed lamb or bison is a great option.

• Any ground meat product needs to be thoroughly cooked to 72 C. The surface area of a ground product moves any existing bacteria from the outside, where it is more easily cooked to a safe temperature to the inside, where even a small amount left undercooked can make you sick.

The days of enjoying your meat rare may be done unless you really know your source and have the trust in fate of a skydiver, but it doesn't mean you can't enjoy beef. **THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



Five is the magic number in this Roast Beef Tenderloin

It's all about harmony and yin-yang. And while that sounds tritely New Age, it really is the key to Chinese cuisine.

Because, as with so much of Asian cooking, the blend of seasonings known as five-spice powder is intended to trigger a sense of balance in the mouth and nose. How?

A selection of spices that simultaneously hit notes of

warm and cool, sweet and bitter, savoury and searing.

And that's what you get with five-spice powder, a mix of fennel seeds, cinnamon, cloves, star anise and Sichuan peppercorns.

Like spice blends around the world, the proportions of those ingredients vary by region, but some variant of it is used throughout China.

That robust profile of fla-

vours makes it a natural for roasted meats.

1. In bowl, mix oil, five-spice powder, salt and pepper.

2. Use paper towels to pat dry tenderloins, then rub them all over with the spice blend. Set on a plate, cover loosely with plastic and refrigerate for at least 1 hour,

or up to 2 days. An hour before roasting, remove tenderloins from refrigerator and let warm slightly at room temperature.

3. Heat the oven to 375 F.

4. Lightly coat a roasting pan with cooking spray. Scatter onions, carrots and garlic in pan, then set roasting rack above them. Set

Ingredients

- 2 tbsp olive oil
- 1 tbsp five-spice powder
- 1 tbsp kosher salt
- 1/2 tsp black pepper
- Two 2-lb beef tenderloins
- 2 large yellow onions,

- chopped
- 2 large carrots, chopped
- 4 cloves garlic, chopped
- 2 cups beef stock
- 1 cup red wine
- 1 tbsp instant flour

tenderloins on the rack and roast 40 minutes, or until beef reaches 120 F for rare. Remove rack from pan, cover the meat with foil, then set aside to rest for 10 minutes.

5. Meanwhile, set roasting pan over medium-high heat on stovetop (you may need to use two burners).

Add stock and wine; bring to simmer, scraping bottom of pan. When liquid has reduced by about half, strain and discard solids. Return the pan and sprinkle in the flour. Heat until thickened.

6. Slice beef and serve with pan sauce.

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Fork, spoon or both?



Delicious but messy to eat, so save it for the family table. ISTOCK

How to handle tricky French onion soup

What is the proper way to eat French onion soup? The cheese just seems to string on forever, so it's hard to eat like spaghetti and soup shouldn't need a fork to eat.



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Firstly, French onion soup is not an item that should be served at a formal dinner

because of the difficulty of eating it. This soup should be kept for the family dinner table. Now remember, for every rule, there is always a wrong and right way of breaking it when necessary.

I saw one successful way to serve French onion soup at formal restaurants in the '70s. A small pair of scissors would be served along with the soup so you could cut the strings of cheese.

Now, as fun as that is, it just isn't practical. I mean, who has 12 pairs of scissors standing by for dinner parties?

So back to the question. How do you eat French onion soup

without making a mess? Well, all of that cheese and bread does make for a difficult battle. I have called numerous friends in the etiquette business and asked their advice. Thankfully, there seems to be consensus.

I personally wrap the cheese around the soup spoon and then press it against the side of the bowl to "cut" the cheese. I then fill the soup spoon with liquid and bring it up to my mouth. Ideally, you should never use your fingers, but trust me, we all have! My last tip? Never order this with clients, it is truly an eat-at-home only menu item.

Suffering in silence? Talk it out, bro

Depression. Men should confide in each other to help ease pain

LINDA CLARKE
Metro World News in Boston

When it comes to men's mental health, there's a fundamental difference between the sexes. Women tend, generally, to look to support from partners, or they seek support from a network of girlfriends or family. Failing that, they often seek professional counsellors.

But either way, they express emotions and talk through a problem. Men often don't want to talk about their feelings, and may even deny having problems, emotional or otherwise.

"Guys," says holistic life coach and counsellor Ken Ross, a certified professional coach who leads men's groups, "traditionally, we tend to be islands. When it comes to men confiding in men, it doesn't usually happen."

This basic survival of the fittest wiring goes back to the cavemen. Appearing strong and problem-free



Don't suffer in silence: Fight depression with a chat. ISTOCK

meant other males were less likely to challenge or attack. It might have worked for our ancestors, but in today's complex social environment, bottling up or ignoring troubled emotions is like adding fuel to the fire.

"There's a lot of depression that's not acknowledged and not expressed," Ross says. "Men feel ashamed of it. There's a lot of stress derived from holding it in so much, and physical health suffers too."

Ross stresses that opening up to someone isn't the weak route, and that taking care of your mental health is paramount to a fulfilling life.

"It's old wiring that doesn't suit us in the 21st century," he says. "What is thought of as strength and what is weakness, we have it backward. Vulnerability is human and it takes courage to be open and the more open you are, the more fully alive you are."

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PLAN FOR PERSONAL GOALS

WEIGH YOUR OPTIONS WHEN CONSIDERING CONTINUING STUDIES

Signing up for continuing education usually creates a tough balancing act between school, work and family.

Heather McCrae, associate dean of engaged learning at the University of Alberta, says post-secondary institutions are very aware that adult learners face these challenges.

“The first step in achieving balance is careful research and planning to figure out what options exist and which best align with your goals and your available resources,” she says.

“From there, weigh your options, keeping in mind not to overextend yourself. It’s no good for us and no good for you if you overtax your faculties and burn out. Consider a realistic schedule that will allow for some personal and social time.”

Many schools offer online courses or blend classroom and online learning so people can work on their own time.



ISTOCKPHOTO/THINKSTOCK

“Other courses are offered on weekends and in the evening to accommodate busy schedules,” McCrae says.

If you are studying for professional development, the class will likely be

designed to focus on practical applications that allow you to develop solutions to real workplace issues, lessening the disconnection between work and study.

But don’t delude yourself: Continu-

ing education for professional purposes will require hard work and long hours. Remind yourself, your family, and your colleagues that it is a temporary strain with a long-term payoff.

Peggy Watts, the director of distance learning and continuing education at Mount Saint Vincent University, says a flexible school schedule is important. That’s why so many of her students choose online or distance learning that allows them to fit school around their other commitments, rather than fitting the rest of their life around school.

“The Mount offers business courses in the day, the evening and by distance so that people who are working can take advantage of the program to suit themselves,” she says. “You can do the work on your own time.”

Most of their lifelong learners are working on degrees through a distance-learning format that lets them set much of the schedule. Business degrees can be done entirely as distance learning, making them popular with people who are already working in their chosen field, but need an academic degree to advance.

— Jon Tattrie

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Algonquin OSLT Business graduate Silviu Bratu arrived in Canada after teaching accounting at a private university in Romania.

“OSLT is not just theory, it’s practice,” Bratu says. “The teacher pushed us a lot,



WAVEBREAK MEDIA/THINKSTOCK

made us participate in every exercise. We had a lot of questions, and she answered all of them. We are all still in touch.

“I give my teacher — and this course—the highest marks.”

Beginning his career in Canada, Bratu secured a job with Scotiabank while taking OSLT. He is now studying to write his next exam, preparing to become a personal banking officer.

To learn more about Occupation-specific Language Training at Algonquin College, call 613-727-4723 ext. 5700, visit online at algonquincollege.com/OSLT, or in person at Algonquin College Woodroffe Campus, Room B442, in Ottawa.



COMSTOCK/THINKSTOCK

THE LOVE OF LEARNING

ENRICH YOUR LIFE WITH MORE EDUCATION

Few Canadians today can expect their education to end with their final high school or post-secondary class. Many adults need to become lifelong learners to develop their careers and to lead fuller lives, experts say.

Heather McRae, associate dean of engaged learning at the University of Alberta, says the benefits to continued education are as varied as the students.

“For some, it’s an opportunity to learn about a particular topic or share ideas and experiences with others in the class,” she says. “Many people take courses in order to advance in their job role or learn a specific skill that will be helpful in their work, or allow them to change to a different type of work. Some people take specific coursework for credit within their professional organization. Others just love to learn.”

At the U of A, the occupational health and safety certificate program is the most popular this winter. Other in-demand courses are in management development, purchasing management, local government and business analysis.

“We are currently working on two

citations in social media and anticipate that these programs will be very popular as well,” McRae adds.

Continuing education is good for businesses, too, she argues, since an investment in their staff’s professional development maintains a highly-skilled work force.

Peggy Watts, the director of distance learning and continuing education at Mount Saint Vincent University in Halifax, agrees. She says most of their continuing education learners are working on degrees or taking professional development in fields like child care.

For many, an academic degree is crucial to career advancement. That’s especially true for people working in government. “To rise to a certain level, you need to have a degree,” she says.

Another segment of students are continuing their education to prepare for a second career. “It’s building skills and knowledge they will use in the future. We have people in the military, for example, doing degrees in business,” Watts says, as they prepare for life after their service is complete.

— Jon Tattrie

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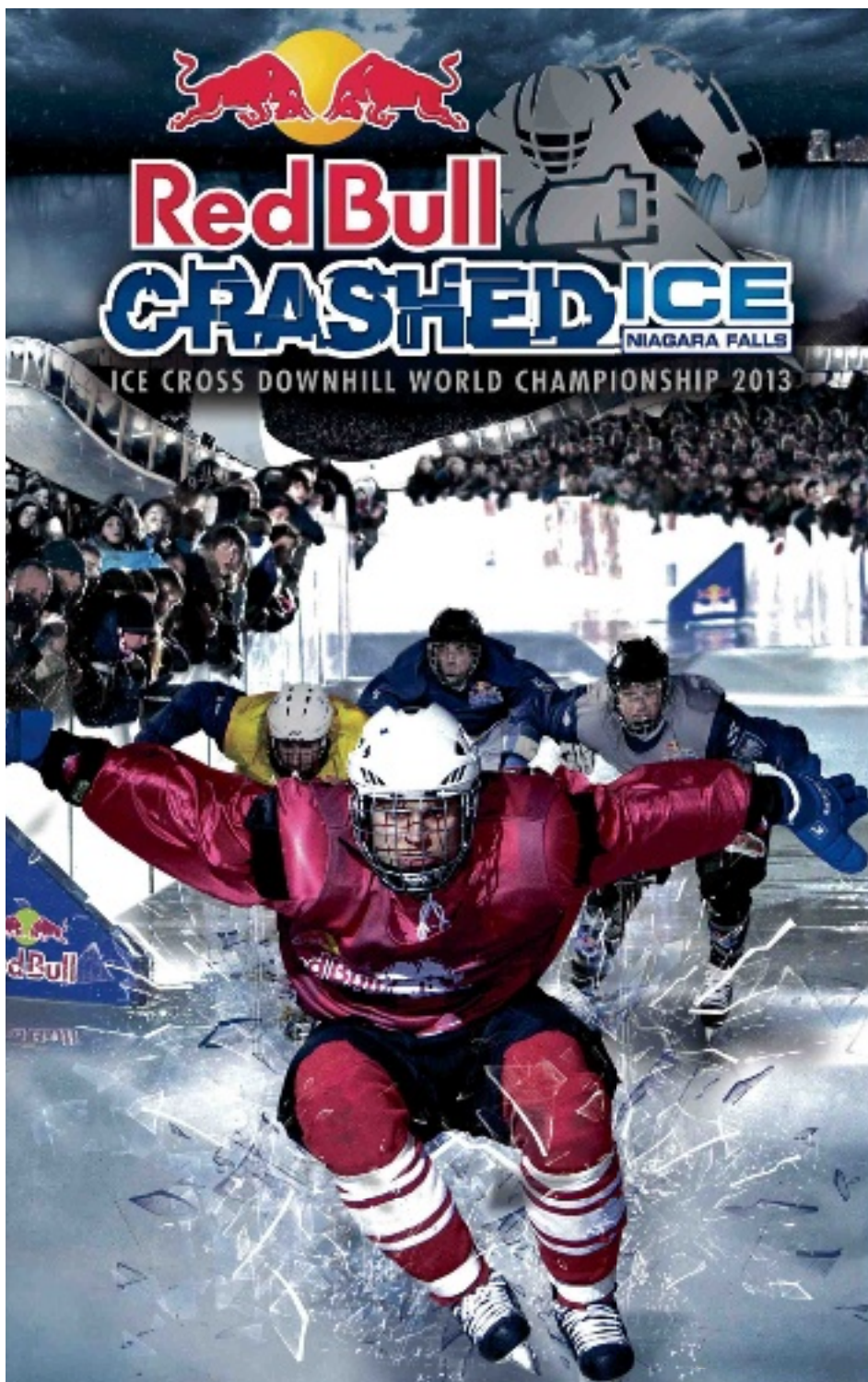


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Don't get caught off guard — have a post-baby budget

Alison on Money.
What to expect when you're not expecting



YOUR MONEY
Alison Griffiths
money@metronews.ca

Regina and Monty, both 28 years old, have good news and bad news. First the good: They're expecting! Now the bad: It was completely unplanned and this high earning (\$230,000 household income) couple doesn't have a dime of savings beyond their RRSPs.

They did have a plan, which was to start their family five years hence and they were on the verge of putting aside their free-spending ways in order to save up so Regina could quit work for a couple of years.

That's not going to happen, so Monty is wondering about the tax implications of Plan B — taking money out of their RRSPs for cash flow when their precious little bundle arrives in March and Regina's income is reduced.

Cleo Hamel of H&R Block offers an important caution about this plan. "If Regina deposits money into an RRSP, she has to leave the deposit untouched for at least 90 days before she can claim the deduction."

This information particularly applies to Regina and Monty because they use year-end bonuses of about \$18,000 to make

their RRSP contributions. Generally they make the lump sum deposits in January.

Hamel also recommends that they project Regina's tax situation while she is on maternity leave.

"Maternity leave benefits are generally only 55 per cent of your employment income to a maximum of about \$445 per week," she notes. "However, the amount Service Canada withholds for taxes is about 10 per cent, which is lower than the minimum federal tax rate."

Often new mothers (my daughter found herself in this situation) end up owing tax in their maternity leave year because the withholding amount wasn't sufficient, even with the child tax credit.

RRSP withdrawals are subject to a higher withholding for tax purposes. A financial institution would hold back 30 per cent on a \$20,000 withdrawal, for example. Depending on when Regina takes her leave of absence, that might not be suf-

RRSP facts

- 43 per cent of Canadians between 18 and 34 have an RRSP account (up from 39 per cent in 2010).
- 16 per cent of 18 to 34-year-olds contribute the maximum to their RRSPs (down from 33 per cent in 2010).

sufficient to cover her tax bill for the year.

With high incomes, these surprised parents-to-be have an opportunity to save like Scrooge over the next few months and put aside a significant sum. But they must immediately draw up a post-baby budget to figure out exactly what they need monthly to pay the bills.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Don't trump or be trumped on the gifts



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Picture Christmas Day. Family, friends and loved ones have gathered to eat a fantastic meal and exchange gifts.

You draw names and get to open your presents first. As you unwrap each gift, you quickly realize that you've overspent on the presents you're about to give. Your brother-in-law goes next and opens your gift to him — a \$200 Hugo Boss wallet. Meanwhile, his gift to you was a \$20 pair of mitts. Your sister gives you the evil eye because your gift just trumped her gift to her husband. Now you're

really uncomfortable.

We've all been in this position. Unclear gift expectations can lead to unpleasant and unintended emotional consequences over the holidays.

The holidays are not about gifts, but because it's customary to give presents, save yourself from this experience and set expectations in advance.

With your partner, discuss your total holiday budget for the season and how much each of you will contribute for family functions, dinners, gifts, baking, parties and entertainment. If it's hard to keep track of everything, draw up a simple spreadsheet, list your financial commitments and total it up.

Talk about your holiday budget limitations and expectations. For example, you may have set aside \$500 and have to buy gifts for 10 people, meanwhile your honey may have \$1,000 to spend on five

people. It's also important to agree on how much to spend on each other. If you can't agree on a dollar value, consider putting money towards a joint gift like a kitchen appliance or a weekend spa vacation. Or, instead of gifts, you could make a donation to your favourite charity.

Next, call your extended family and agree on gift value limits, like \$50 per person, or whether you want to draw names and only buy for one person. Do the same with co-workers and friends.

Don't be afraid to be frugal when holiday shopping. It's 100 per cent okay to use coupons and take advantage of deals to save money.

Follow Lesley on Twitter
[@LesleyScorgie](https://twitter.com/LesleyScorgie)



MLB

Blue Jays fill five coaching spots

John Gibbons' staff is taking shape as the Toronto Blue Jays filled five of its coaching positions on Monday.

DeMarlo Hale joins the Blue Jays as bench coach, Chad Mottola will serve as hitting coach, Dwayne Murphy will act as first base and outfield coach, Luis Rivera will move to third-base coach and Pete Walker moves from the bullpen to serve as pitching coach.

The Blue Jays still need to find a bullpen coach to replace Walker.

THE CANADIAN PRESS

CFL

Grey Cup ratings soar, but fall short of national record

Television ratings for the 100th Grey Cup game between the Toronto Argonauts and the Calgary Stampeders fell short of the modern national record set in 2009, according to overnight data from BBM Canada.

An average audience of 5.8 million viewers on TSN and RDS tuned in to see the Argonauts beat the Stampeders 35-22 at home.

The average of 5.5 million viewers on TSN is the largest English audience for the game since a new ratings measurement system caused sports TV ratings to skyrocket. But the overall average falls short of the 6.1 million total viewers who watched Montreal beat Saskatchewan shortly after the new system was introduced in 2009. The numbers for that game were buoyed by a larger audience on French-language RDS.

THE CANADIAN PRESS



Knicks, Nets make up for lost time in Brooklyn

New York Knicks centre Tyson Chandler, left, knocks the ball from the hands of Nets guard Deron Williams at Barclays Center in Brooklyn on Monday. The city rivals went to overtime in the makeup game of their season opener that was postponed due to Superstorm Sandy. Go to metronews.ca for the results. KATHY WILLENS/THE ASSOCIATED PRESS

'New approach' ahead in lockout negotiations

NHL. League, players' union agree to allow mediators into stalled CBA negotiations

The NHL and NHL Players' Association are hoping some objective voices can help bring an end to their labour dispute.

With negotiations stalled on a new collective bargaining agreement, the sides have agreed to allow U.S. federal mediators into the process — something they tried without success on a couple of occasions

prior to the cancellation of the 2004-05 season.

"While we have no particular level of expectation going into this process, we welcome a new approach in trying to reach a resolution of the ongoing labour dispute at the earliest possible date," deputy commissioner Bill Daly said Monday.

Added NHLPA executive director Donald Fehr: "We look forward to their involvement as we continue working to reach an equitable agreement for both the players and the owners."

The mediation will be non-

binding, meaning the sides will not be forced to go along with suggestions or recommendations made by Scot L. Beckenbaugh and John Sweeney. Those mediators are scheduled to meet separately with the league and union on Wednesday.

Beckenbaugh was acting director of the Federal Mediation and Conciliation Service during the NHL's last lockout and sat in on sessions at that time. One of those occurred just three days before commissioner Gary Bettman cancelled the entire season in February 2005.

THE CANADIAN PRESS

Where they stand

- The NHL and NHLPA haven't met since last week, when the union tabled a proposal that Gary Bettman quickly labelled as one that left the sides "far apart."
- They've managed to reach some common ground on a 50-50 revenue split, but are divided on the amount of additional payments the league will make to help ease the transition.

Champion Argos about more than talent



The Argonauts celebrate in the locker-room after winning the 100th Grey Cup on Sunday at Rogers Centre. NATHAN DENETTE/THE CANADIAN PRESS

Ricky Ray saw it coming out of training camp. These Toronto Argonauts had a special bond.

They might not have been the biggest, fastest or most heralded. But they had each other's back.

Ray, who came over from the Edmonton Eskimos in a blockbuster off-season trade, credits GM Jim Barker and rookie head coach Scott Milanovich for choosing the right pieces in assembling what was to become a Grey Cup champion squad.

"Scott and the staff and Jim coming out of training camp didn't necessarily pick the best, most talented guys," said the veteran quarterback. "They

Quoted

"There are so many guys out there who can play and don't get their opportunities ... so it's a real blessing to be here, and to have that opportunity I was given."

Grey Cup MVP running back Chad Kackert

picked guys that were going to be good teammates over some of those guys.

"That's where it's got to start, it's got to start with the locker-room and how everybody gets along and everybody

playing for each other out there. I think that's been the biggest difference for us."

Barker says he and Milanovich both believe "it's not necessarily the 46 best players, but it's the best 46 players."

"That means the 46 that can work together the best," the GM said in an interview Monday. "It was about finding the right blend of players — of veterans and rookies."

Milanovich referred to that brotherhood in his pre-game speech before Sunday's 35-22 championship win over the Calgary Stampeders.

"Find strength in your teammates when things gets tough," he said. THE CANADIAN PRESS

NBA				
EASTERN CONFERENCE				
	W	L	Pct	GB
Miami	10	3	.769	—
New York	9	3	.750	1/2
Brooklyn	8	4	.667	11/2
Milwaukee	6	5	.545	3
Atlanta	8	4	.667	11/2
Charlotte	7	5	.583	21/2
Philadelphia	8	6	.571	21/2
Boston	8	6	.571	21/2
Chicago	6	6	.500	31/2
Indiana	6	8	.429	41/2
Orlando	5	8	.385	5
Cleveland	3	10	.231	7
Detroit	3	11	.214	71/2
Toronto	3	11	.214	71/2
Washington	0	11	.000	9
WESTERN CONFERENCE				
	W	L	Pct	GB
Memphis	9	2	.818	—
San Antonio	11	3	.786	-1/2
Oklahoma City	10	4	.714	1/2
L.A. Clippers	8	5	.615	2
Denver	8	6	.571	21/2
Golden State	8	6	.571	21/2
Utah	7	7	.500	31/2
Dallas	7	7	.500	31/2
L.A. Lakers	7	7	.500	31/2
Portland	6	7	.462	4
Houston	6	7	.462	4
Phoenix	6	8	.429	41/2
Minnesota	5	7	.417	41/2
Sacramento	4	9	.308	6
New Orleans	3	9	.250	61/2
Division leaders ranked in top four positions and best eight teams qualify for playoffs				
Monday's results				
San Antonio at Washington				
New York at Brooklyn				
Portland at Detroit				
Charlotte at Oklahoma City				
Cleveland at Memphis				
Milwaukee at Chicago				
Denver at Utah				
New Orleans at L.A. Clippers				
Sunday's results				
San Antonio 111 Toronto 106 OT				
New York 121 Detroit 100				
Brooklyn 98 Portland 85				
Philadelphia 104 Phoenix 101				
Boston 116 Orlando 110 OT				
Denver 102 New Orleans 84				
Tuesday's games				
Dallas at Philadelphia, 7 p.m.				
Phoenix at Cleveland, 7 p.m.				
Toronto at Houston, 8 p.m.				
Minnesota at Sacramento, 10 p.m.				
Indiana at L.A. Lakers, 10:30 p.m.				
Wednesday's games				
San Antonio at Orlando, 7 p.m.				
Portland at Washington, 7 p.m.				
Phoenix at Detroit, 7:30 p.m.				
Brooklyn at Boston, 7:30 p.m.				
Charlotte at Atlanta, 7:30 p.m.				
Dallas at Chicago, 8 p.m.				
Toronto at Memphis, 8 p.m.				
New York at Milwaukee, 8 p.m.				
Houston at Oklahoma City, 8 p.m.				
Utah at New Orleans, 8 p.m.				
Minnesota at L.A. Clippers, 10:30 p.m.				
Thursday's games				
San Antonio at Miami, 8 p.m.				
Denver at Golden State, 10:30 p.m.				
NBA LEADERS				
SCORING AVERAGE				
	G	FG	FT	PTS
Bryant, LAL	14	126	97	376
Durant, Okl	14	119	111	371
Anthony, NYK	12	110	61	307
Harden, Hou	13	98	107	327
James, Mia	13	129	51	327
Irving, Cle	10	82	47	229
Westbrook, Okl	14	110	64	305
Mayo, Dal	14	103	53	301
Bosh, Mia	13	94	73	263
Gay, Mem	11	84	40	221
Pierce, Bos	14	89	75	281
Ellis, Mil	11	85	40	219
Aldridge, Por	12	95	46	236
Lillard, Por	13	90	42	255
Lopez, Bro	12	98	32	228
Duncan, SA	14	104	57	266
DeRozan, Tor	14	98	60	262
Batum, Por	13	85	38	242
Crawford, LAC	13	79	57	242
Holiday, Phi	14	100	41	260
Curry, GoS	14	87	50	257
Walker, Cha	12	79	51	216
Howard, LAL	14	90	72	252
Deng, Chi	12	82	40	214
Anderson, NO	12	82	8	213
Griffin, LAC	13	93	45	231
Parker, SA	13	98	28	230
Bargnani, Tor	14	91	43	247
Matthews, Por	13	82	32	227
Jennings, Mil	11	76	23	192
Sessions, Cha	12	66	67	206
Williams, Bro	12	65	53	201
Monroe, Det	14	92	51	235
Randolph, Mem	11	72	40	184
West, Ind	14	93	46	232
Lee, GoS	14	97	36	230
Dragic, Pho	14	77	47	224
Martin, Okl	14	64	61	223
Garnett, Bos	14	88	46	222
Horford, Atl	11	79	17	175
Johnson, Bro	12	70	28	189
Not including last night's games				

SOCCER

MLS CUP
Saturday, Dec. 1 — All Times Eastern
Houston vs. Los Angeles, 4:30 p.m.

GREECE

ETHNIKI ALPHA
Yesterday's result
Panthrakikos 4 Aris 0

ITALY

SERIE A
Yesterday's results
Cagliari 0 Napoli 1
Parma 1 Inter Milan 0

PORTUGAL

LIGA
Yesterday's result
Moreirense 2 Sporting CP 2

SPAIN

PRIMERA
Yesterday's result
Zaragoza 0 Celta Vigo 1

CFL

100TH GREY CUP

AT TORONTO
Sunday's result
Toronto 35, Calgary 22

LATE SUNDAY

ARGONAUTS 35, STAMPEDE 22

First Quarter
Tor — TD Owens 5 pass from Ray (Waters convert) 8:03
Cal — FG Paredes 30 11:11
Second Quarter
Tor — TD Horne 25 interception return (Waters convert) 0:43
Tor — FG Waters 16 5:56
Cal — FG Paredes 18 12:29
Tor — TD Inman 1 pass from J.Jackson (Waters convert) 14:40
Third Quarter
Cal — FG Paredes 27 8:52
Tor — FG Waters 20 12:19
Cal — Safety Prefontaine concedes 15:00
Fourth Quarter
Cal — FG Paredes 19 5:14
Tor — TD Durie 7 pass from Ray (Waters convert) 9:38
Tor — Single Prefontaine 55 13:32
Cal — TD Price 12 pass from Mitchell (Price pass 5 from Mitchell for two-point convert) 14:40
Calgary 3 3 5 11 — 22
Toronto 7 17 3 8 — 35
Attendance — 53,208 at Toronto.
TEAM STATISTICS
First downs 17 21
Yards rushing 53 128
Yards passing 302 232
Total offence 355 360
Team losses 9 14
Net offence 346 346
Passes made-trying 20-36 19-31
Total return yards 244 114
Interceptions-yards by 1-7 1-25
Fumbles-lost 1-1 1-0
Sacks by 1 2
Punts-average 6-46.5 7-44.6
Penalties-yards 11-99 5-102
Time of possession 29:13 30:47
Net offence is yards passing plus yards rushing minus team losses such as yards lost on broken plays.
INDIVIDUAL STATISTICS
Rushing N Cal: Cornish 15-57, Taylor 1-4, Walter 1-0, Bryant 1-minus-8; Tor: Kackert 20-133, Durie 1-minus-5.
Receiving N Cal: Lewis 6-100, McDaniel 4-53, Taylor 1-42, Bryant 2-31, Walter 1-22, Price 2-17, Cornish 1-16, Arthur 1-13, Cote 1-9, Mitchell 1-minus-1; Tor: Barnes 3-82, Kackert 8-62, Inman 3-43, Durie 3-31, Owens 2-14.
Passing N Cal: Glenn 14-27, 222 yards, 0 TDs, 1 int, Mitchell 6-9-80-1-0; Tor: Ray 18-30-231-2-1, J.Jackson 1-1-1-1-0.
GREY CUP MVP
2012 — MVP: Chad Kackert, RB, Toronto; Canadian MVP: Ricky Foley, DE, Toronto.
2011 — MVP: Travis Lulay, QB, B.C.; Canadian MVP: Andrew Harris, RB, B.C.
2010 — MVP: Jamel Richardson, WR, Montreal; Canadian MVP: Keith Shologan, DT, Saskatchewan.
2009 — MVP: Avon Cobourne, RB, Montreal; Canadian MVP: Ben Cahoon, SB, Montreal.
2008 — MVP: Henry Burris, QB, Calgary; Canadian MVP: Sandro DeAngelis, K, Calgary.
2007 — MVP: James Johnson, CB, Saskatchewan; Canadian MVP: Andy Fantuz, SB, Saskatchewan.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Manchester	18	9	6	2	1	49	43	21		
Worcester	18	9	7	1	1	50	56	20		
St. John's	18	9	9	0	1	46	53	19		
Portland	18	8	8	1	1	57	61	18		
Providence	16	7	8	0	1	33	48	15		

NORTHEAST DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Springfield	17	10	3	1	3	59	36	24		
Bridgeport	17	10	7	0	0	56	57	20		
Connecticut	17	9	7	1	0	58	57	19		
Adirondack	17	9	8	0	0	44	47	18		
Albany	16	4	7	0	5	37	49	13		

EAST DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Syracuse	17	12	3	1	1	65	42	26		
Binghamton	16	10	4	1	1	45	38	22		
W-B/Scranton	18	11	7	0	0	48	40	22		
Hershey	18	7	10	1	0	44	53	15		
Norfolk	17	7	10	0	0	48	58	14		

WESTERN CONFERENCE

NORTH DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Abbotsford	18	12	2	2	2	51	32	28		
Lake Erie	19	10	7	1	1	60	57	22		
Rochester	16	9	6	1	0	58	48	19		
Toronto	18	9	8	0	1	58	52	19		
Hamilton	16	6	8	1	1	34	52	14		

MIDWEST DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Grand Rapids	17	10	5	1	1	62	53	22		
Chicago	17	8	6	2	1	49	54	19		
Rockford	18	9	8	0	1	56	57	19		
Milwaukee	18	8	8	1	1	51	56	18		
Peoria	18	6	9	2	1	43	66	15		

SOUTH										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Charlotte	19	12	5	0	2	67	52	26		
Oklahoma City	18	11	5	1	1	62	53	24		
Houston	18	9	6	1	2	61	55	21		
Texas	16	7	7	1	1	37	47	16		
San Antonio	17	4	10	0	3	39	55	11		

Note: Two points awarded for a win, one for an overtime or shootout loss.

Sunday's results
Syracuse 6 Worcester 1
Portland 3 Manchester 2 (OT)
Connecticut 3 Springfield 2
Oklahoma City 7 Charlotte 2
W-B/Scranton 5 Albany 4 (SO)
Milwaukee 3 Grand Rapids 2
Lake Erie 4 Hamilton 1
Texas 5 San Antonio 3
Toronto 2 Hershey 4
Providence 0 St. John's 6
Abbotsford 2 Houston 3 (OT)
Tuesday's game — All Times Eastern
Texas at Rockford, 8:05 p.m.
Wednesday, Nov. 28
St. John's at Adirondack, 7 p.m.
San Antonio at Rochester, 7:05 p.m.
Hershey at Norfolk, 7:15 p.m.
Rockford at Chicago, 8 p.m.
Thursday, Nov. 29
Oklahoma City at Houston, 8:05 p.m.

NFL

AMERICAN CONFERENCE

EAST										
	W	L	T	Pct	PF	PA				
New England	8	3	0	.727	407	244				
Miami	5	6	0	.455	211	226				
N.Y. Jets	4	7	0	.364	221	290				
Buffalo	4	7	0	.364	243	319				

SOUTH										
	W	L	T	Pct	PF	PA				
Houston	10	1	0	.909	327	211				
Indianapolis	7	4	0	.636	230	273				
Tennessee	4	7	0	.364	238	335				
Jacksonville	2	9	0	.182	188	308				

Horoscopes

Aries

March 21 - April 20
Mars united with Pluto today means you are intensely ambitious. It also means you don't need other people. You can do it on your own. Identify your goal, and go out and get it. Who is going to stop you?

Taurus

April 21 - May 21
You are a law unto yourself at the moment. You believe you can get away with anything. However, just because you are able to break the rules does not mean you have to. Is there another way?

Gemini

May 22 - June 21
There is a danger that you will let slip information it might have been wiser to keep to yourself. However, once it is common knowledge, there is no point trying to deny it. Face up to the truth — and potential embarrassment.

Cancer

June 22 - July 23
One-to-one relationships are under heavy stars at the moment, so be careful how you speak to partners and loved ones. Above all, don't let minor disputes become major feuds. Control your emotions, whatever the provocation.

Leo

July 24 - Aug. 23
Your workload is likely to increase dramatically today and if your social life is busy too, you could suffer health-wise. Clearly, you need to cut back on what you do, if only in the short term. Give that party a miss.

Virgo

Aug. 24 - Sept. 23
You seem to be a lot more assertive and ambitious of late and that's good. Others will be mightily impressed by what you manage to accomplish but don't do it just for the applause — do it because it matters.

Libra

Sept. 24 - Oct. 23
Just because others get emotional about silly things, does not mean you have to do the same. If certain people get on your nerves, remove yourself from their presence — at least for a while.

Scorpio

Oct. 24 - Nov. 22
You will be on the move more than usual today and with Mars, planet of action, linked to your ruler, Pluto, you will accomplish a great deal. Just don't expect others to keep up with your frenetic pace. You'll exhaust them.

Sagittarius

Nov. 23 - Dec. 21
Not even a Sagittarius can have everything their way so accept that what is happening now, while not to your liking, is something you have to put up with. Can you turn it to your advantage financially? Yes.

Capricorn

Dec. 22 - Jan. 20
With both Mars and Pluto moving through your sign, you will be a winner now and for the remainder of the year. Focus your energy in a single direction and expect to be a huge success. What you expect, you will get.

Aquarius

Jan. 21 - Feb. 19
Cosmic activity in the most sensitive area of your chart means you will be happier on your own today. You have lots to think about and you can't do that with everyone chattering around you.

Pisces

Feb. 20 - March 20
Try not to be too aggressive in your opinions today. You are entitled to your viewpoint and you are entitled to express it, but the more you talk the less you will learn. No, you don't know it all. **SALLY BROMPTON**

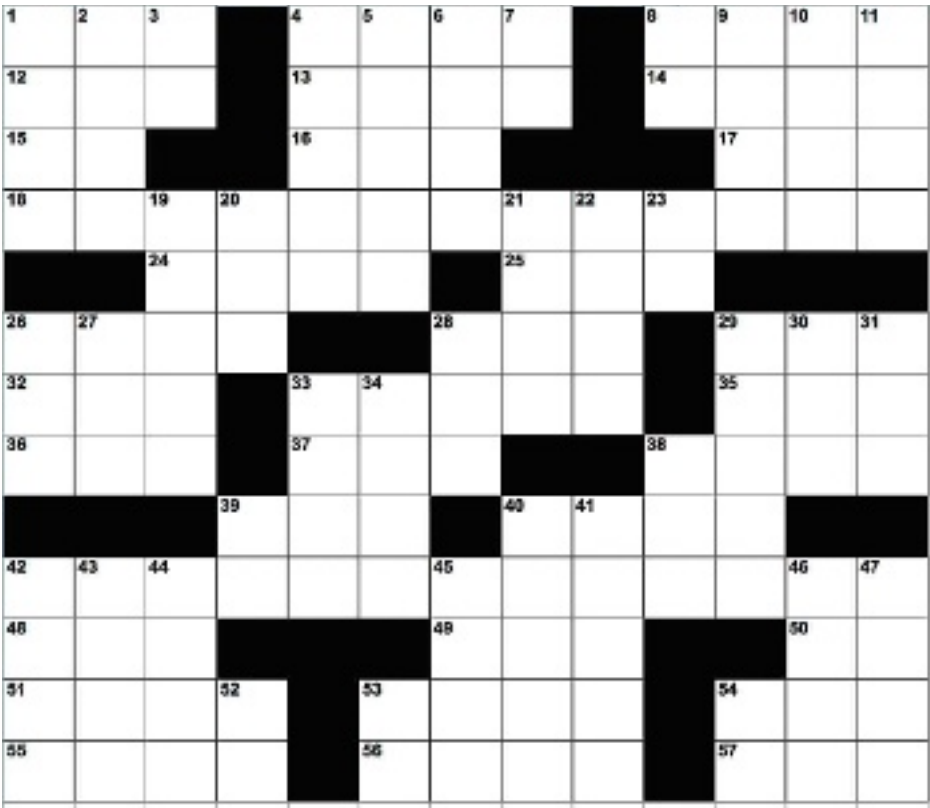
Crossword

Across

- Tennis serve
- Wash
- Land measure
- Eggs
- Greek God of Love
- Someone who gets things done
- Egg choice (abbr.)
- Thing, in the courtroom
- : Crime Scene Investigation
- Put off until tomorrow
- Puts down
- Dora the Explorer iguana
- Cheryl or Alan
- Building extension
- Eggs partner
- Onassis nickname
- Large wooden box
- Schnozz ending
- Sault — Marie
- Soak
- Amazed
- Canadian Automobile Association (abbr.)
- East Indian dress
- Escort
- Poor grade
- Form of address
- Shoe width
- The younger Guthrie
- Clothes label seen often: — in Canada
- and the City
- Thaw
- Mimicked
- Pesticide

Down

- Wind around
- "Somewhere — the Rainbow"
- University deg.
- Small fruit
- Sites

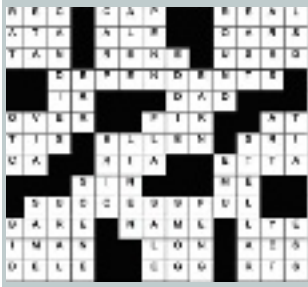


- Throw the ball
- Grades 9-12 (abbr.)
- Commercial
- Actress Imogene —
- Take a break
- A great lake
- but goodie
- Rascal
- Lean to one side
- Survivor location, sometimes
- Sha — Na

- Nevada city — Vegas
- Carney of The Honeymooners
- Have a meal
- Comedian Mandel
- Lager
- Men
- Study hard for a test
- Gather
- Upper appendage
- Denver state
- Mean

- Hung out to dry
- Sandler or Levine
- Membrane
- Prison room
- Anon
- Has to have
- Send a phone message
- Bible pt.
- Mate for Pa
- Neighbour of ND

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5	3	9	7	6	1	2	4	8
6	7	2	8	9	4	1	3	5
8	4	1	3	5	2	6	7	9
7	1	5	6	4	3	8	9	2
4	8	3	2	8	9	7	5	1
2	9	8	6	1	7	4	5	3
1	2	6	4	3	5	8	9	7
3	8	7	9	2	6	5	1	4
9	5	4	1	7	8	3	2	6

5				6				8
	6				3	7	1	
	3		7	4				
	1					6		
7		4				2		3
		9					4	
				3	9		2	
	5	8	4				3	
1				2				5

Today

0°/-5°
Partly cloudy

Wednesday

1°/-8°
Flurries
70%

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